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Rio4 SX with Navigation shown[†] - Cash purchase price \$24,064
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Forte SX AT shown[†] - Cash purchase price \$28,364
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Optima SX Turbo shown[†] - Cash purchase price \$36,564
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2015
OPTIMA LX AT

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Sorento SX Turbo AWD shown[†] - Cash purchase price \$43,944
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Tree program branches out

URBAN FORESTRY

City partners with LEAF to promote care for street trees



Gilbert Ngabo
Metro | Toronto

A project on the Danforth could mean a little extra TLC for the estimated 600,000 trees lining city streets.

The city has partnered with LEAF (Local Enhancement and Appreciation of Forests) for a program that will allow people to adopt and care for trees.

To start, 142 recently planted trees on Danforth between Woodbine and Victoria Park are being matched with people willing to do everything from water them to make sure the mulch around them is intact.

The goal is to use the program as a model for other parts of the city if it's successful.

"It's like having added eyes on the tree," said Erin MacDonald, LEAF volunteer and stewardship coordinator.

Organizers are planning a series of workshops this month designed to generate interest and give newbies a running start with the basics of tree care.

The first three to five years are the most crucial ones in a tree's life and having people dedicated to their care "really increases the level of survival," MacDonald said. "Street trees



These saplings along the Danforth are among the trees that could use a little extra attention to make sure they thrive.

LIZ BEDDALL/METRO

WANT TO ADOPT A TREE?

Contact the LEAF program via yourleaf.org or email erin@yourleaf.org

have the toughest conditions to grow in. They are trees that need our care the most."

IN BRIEF

How to best take care of the city's urban forestry:

When it comes to trees along city streets, "small actions can go a long way," said Carol Walker, manager of urban forestry policy and planning. If you adopt a tree, these are some of the things that will be expected from you.

- **Water it:** Trees need at least 30 litres of water twice a week if it hasn't rained.
- **Protect the trunk:** That means keeping bikes, garbage bins and other objects away to prevent damage to bark.
- **Hold the salt:** Minimizing the build-up of road salt

near the tree bed during the winter months is critical. Too much salt makes it hard for tree roots to suck in water.

- **Leave some space:** Keeping mulch 10 centimetres away from the base of the trunk will help prevent bark rot.

METRO

MUZIK SHOOTING

Denial by cab ends tragically

As gunfire erupted in the background, Ariela Navarro-Fenoy and her two friends knew they had to get home immediately, to safety.

Following rapper Drake's OVO Fest after-party Monday evening at Muzik, the group of friends tried to hail a cab — to no avail.

"They all refused us," said Franca Abate of the cabbies, who appeared unaware of the danger. "They said it was only an \$8 fare."

So they headed toward a friend's car to escape the chaos. But as they walked, they saw men arguing. Then one drew a gun, Abate said.

Navarro-Fenoy was only about four steps behind her when gunfire erupted again.

"Had we gotten in a cab, this wouldn't have happened," Abate said. "We could have gotten home safely."

"I lost my best friend ... There should be an automatic fine or loss of job for something like that." TORSTAR NEWS SERVICE



Ariela Navarro-Fenoy.
TORSTAR NEWS SERVICE



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HUDSON'S BAY

Techsdale hopes to plug the talent drain

REXDALE

Startup to teach teens sought-after tech skills



Gilbert Ngabo
Metro | Toronto

A fresh tech startup in Rexdale wants teens to be creators rather than just consumers when it comes to video games, coding and web design.

Techsdale, the brainchild of former city council candidate Andray Domise and web designer Samuel Allemang, is set to launch next week. The 14-week pilot program aims to help students aged 14 to 18 learn the skills to create websites, apps and video games.

It's an attempt to create more opportunities for young people in the neighbourhood, as well as a shot at retaining an array of talent out of Humber College every year.

"It's pretty infuriating that you have so much creativity and so much potential in the area, but it gets drained into the downtown core," said Domise. "We are creating this program to help bridge that gap."

There is a lot that needs to change with regards to the gaming industry. For example, some parents still think it's a waste of time for their kids, ignoring that people can build successful careers in it, he said.

"Gaming is a multi-billion-dol-



Andray Domise is one of the people behind a new tech startup aimed at youth. TORSTAR NEWS SERVICE

lar industry. Gaming is actually bigger than Hollywood," he said.

Techsdale wants to address the issue of diversity. The gaming industry is "overwhelmingly white and male," Domise acknowledged, making for a biased approach to storytelling in video games.

"You are more likely to see an elf or humanoid fox or a frog or a turtle than you are to actually see a person of colour in a video game," he said, adding that even



You are more likely to see an elf or humanoid fox or a frog or a turtle than you are to actually see a person of colour in a video game. Andray Domise

when people of colour appear, they're assigned demeaning characters such as thugs or terrorists.

"There is a glaring lack of imagination on the part of the creators, and it's unsettling."

The only way to break that cycle, he said, is to diversify the tech industry — and that can start by mentoring and coaching young and brilliant talent in Rexdale.

HEALTH

Sleepwalking death plausible

It's rare, but experts say it's definitely possible to die while sleepwalking.

"People can essentially do anything," said Dr. Colin Shapiro, a University of Toronto professor and director of the Youthdale Child and Adolescent Sleep Clinic. "They can walk in their sleep, they can talk in their sleep, they can eat in their sleep, they can drive their car in their sleep and they can have sex in their sleep."

And to fall and injure yourself, or die?

"It's definitely possible," Shapiro said.

The plausibility of such a demise has come up in the wake of Chris Hyndman's death this week. The popular television personality was found dead in an alleyway next to the east end apartment where he lived with his on-screen partner and off-screen spouse, Steven Sabados. Hyndman's mother told the Toronto News Service she believes her son died in an "unfortunate accident" while sleepwalking.

Toronto Police repeated earlier statements on Thursday, with Const. Victor Kwong saying the investigation into Hyndman's death is still open, but that no other information will be given because there is no suspicious or criminal element to the incident.

Though he's never personally encountered a story of someone dying while sleepwalking, Sunnybrook Hospital sleep neurologist Brian Murray said such accidents have "undoubtedly occurred." People have been known to fall from ledges or tumble down stairs, and there have been media reports from the U.S. and U.K. of sleepwalkers freezing to death after ambling



Chris Hyndman, right, with partner Steven Sabados. RYAN EMBERLEY/THE CANADIAN PRESS FILE

outside in the winter.

Murray said it's not clear exactly how many adults repeatedly sleepwalk, because many people live with the tendency but never report it. The best estimate, he said, is "a few per cent" of the adult population.

According to Shapiro and Murray, sleepwalking can occur when one is in a deep sleep and then quickly surface into a period of less profound slumber. This shift is usually caused by and then quickly surface into a period of less profound slumber. This shift is usually caused by "arousal," which could be a sudden noise, the jerking of a limb or a breathing irregularity.

Sleepwalking is also precipitated by several factors that could push someone into a deeper-than-usual state of rest. Sleep deprivation and exhaustion from exercise can contribute, said Shapiro, as well as having a fever.

"Anything that increases the depth of your sleep — so that could be sleep medication, that could be alcohol, that could be exercise, that could be staying awake too long," Shapiro said.

TORSTAR NEWS SERVICE

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IN BRIEF**Toronto man charged with human trafficking**

A human trafficking investigation has led to multiple charges against a Toronto-area man.

Police say a woman came forward with allegations last week and officers made the arrest on Sunday.

The man, who cannot be identified due to a court-ordered publication ban, is charged with human trafficking, procuring someone to become a prostitute, procuring someone to have illicit sex, assault and other offences.

THE CANADIAN PRESS

Foul play suspected after body found in Vaughan

Homicide detectives have taken over the investigation into the death of a man whose body was found in Vaughan, north of Toronto.

Police have identified the man as 38-year-old Fernando Anibal Acosta of Toronto. Acosta's body was found shortly after noon on Wednesday in an area just off Highway 7. Police say foul play is suspected after signs of trauma were found on the body. Anyone with information on the case is being asked to contact police. THE CANADIAN PRESS

Teen girl assaulted in east-end Toronto park

Police are seeking a suspect in an alleged sex assault on a teen girl in an east-end Toronto park.

Investigators say a 17-year-old girl was walking near the park when she was approached by a man who pulled her into a secluded area and sexually assaulted her. They say he ran off into the park after hearing a vehicle driving by.

The man is described as black, about 30 years old, six feet two inches tall, with a medium build and short black hair. THE CANADIAN PRESS

Police seeking suspect after vestibule shooting

Police say a man has been charged with attempted murder and another is being sought in a shooting at an east-end Toronto building.

Investigators say two men drove up to a building (on Boulton Avenue) on July 20, ran inside and shot a man who was standing in the vestibule with a woman. Police say one of the men, 22-year-old Jessie Kabanga-Muanza, has since been arrested. The second man is still on the loose.

THE CANADIAN PRESS



Alison Levine, a Boccia athlete, and Ghia are officially welcomed to the Parapan Am athletes' village during ceremonies Thursday. TORSTAR NEWS SERVICE

New record for Parapan

INTERNATIONAL GAMES

Sports fans look forward to longest such event ever



Luke Simcoe
Metro | Toronto

Toronto's about to make a little more sporting history.

Friday's opening of the Parapan Am Games marks the beginning of the longest — and largest — run in Parapan history. More than 1,600 athletes are taking part in the Games, and an extra day was added to the schedule to accommodate all the action.

Highlights of the Games, which run through Aug. 15, include a host of wheelchair rugby (a.k.a. "murderball") events and a jam-packed music lineup as part of Panamania.

Along with the opening ceremony at York University, here's some of what's on this weekend.

Boccia:

Parapan Am flag bearer and Canadian athlete Marco Dispal-tro is an elder statesman of the para-athletic world. Fans can watch the top-ranked boccia player as he competes at the Abilities Centre in Whitby on Saturday.

Wheelchair rugby:

Popularized by the 2005 Murderball documentary about the sport, wheelchair rugby is likely to be one of the Games' biggest draws. Canada's team, led by Zak Madell, is one of the best in the world and has a shot at the gold medal. See them in action against Brazil on Saturday and Colombia on Sunday. Both are at the Mississauga Sports Centre.

Wheelchair tennis:

Fans can get a glimpse of 19-year-old phenom Gustavo Fernandez as he competes at the University of Toronto's Scarborough Tennis Centre. The Argentinian is the defending Pan Am gold medalist and just won the wheelchair doubles title at Wimbledon. The singles round happens Saturday.



Canadian wheelchair rugby captain Zak Maddell practises ahead of the 2105 Parapan Am Games in Toronto.

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A sanctuary in the southeast

Metro summer series Even hardcore Hogtown fans need an occasional respite from city living. Trade sirens and smog for the scenic and serene at the Scarborough Bluffs. **LIZ BEDDALL** METRO



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HUDSON'S BAY

A southbound stroll down an obvious trail that opens up at the Rosetta McClain Gardens leads to a hike unlike any other you'll find in Toronto. The shores of Lake Ontario framed within sand cliffs formed more than 12,000 years ago provide provincial park-worthy scenery and cottage-like stillness not far from the hustle and bustle of downtown. The Bluffs stretch about 15 km along the water, making the area a natural win for hikers, bikers, cold-water waders and anyone looking for a quiet moment away from city madness. Head east from here to find Scarborough Bluffs Park, which rises high above the water and offers stunning views, jutting precariously over a quiet strip of beach below.



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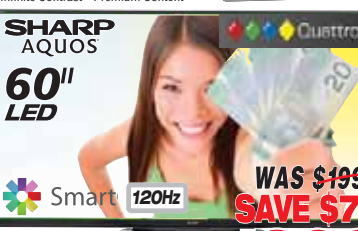
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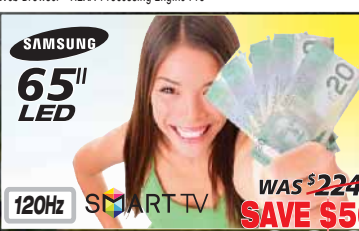
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T.O. Conservative candidate apologizes for blog comments

TORONTO CENTRE

Old posts attacked Ontarians, Pierre Trudeau



Luke Simcoe
Metro | Toronto

The Conservative candidate in Toronto Centre is apologizing for controversial statements he made a decade ago, including those calling Ontarians “idiots” for voting Liberal.

The remarks were made on candidate Julian Di Battista’s blog, *A Look to the Right*, in 2005. The blog had been deleted, but a cached version was found by Montreal blogger Robert Jago last week.

One archived post shows Di Battista posing with a handgun in front of a bullet-ridden poster of Saddam Hussein. The entry is titled “Guns Don’t Kill People.”

In other posts, Di Battista claims affirmative action discriminates against white men, calls the late Pierre Trudeau an “a-hole” and threatens to move to Alberta after finishing university.

He also writes “Ontarians are idiots” and blames them

for propping up the federal Liberals.

Contacted by Metro, Di Battista expressed regret and said the comments were made during a turbulent time in his life.

“As a gay teenager and someone who was struggling, I felt an overwhelming pressure and made incorrect statements to mask the confusion I was feeling. I did this in order to present an image of myself that I felt was expected of a straight man,” he wrote in a statement.

Di Battista, 28, has been active in the Conservative Party since 2005, and was previously a riding association president in Hamilton. He is also a volunteer and board member with OutSport Toronto, which advocates against homophobia and discrimination in sport.

Even though Di Battista is distancing himself from the blog, Ottawa-based strategist Ian Capstick said his statements could still become campaign fodder for the other parties.

“Who you put up as your candidate across the country will reflect on you in a variety of ways,” Capstick said referring to political parties as a whole.

“It may be unfair, except this is politics and no one suggested politics was going to be fair,” he added.

“This could definitely do some damage.”
Strategist Ian Capstick



A 2005 image from Julian Di Battista’s blog. Di Battista is running for the Conservatives in Toronto Centre. SCREENSHOT

Julian Di Battista’s statement to Metro in full:

“I regret the comments that I’ve made, as many as ten years ago and for these I apologize.

During this time, as a gay teenager and someone who was struggling, I felt an overwhelming pressure and made incorrect statements to mask the confusion I was feeling. I did this in order to present an image of myself that I felt was expected of a straight man.

Since that time I have been active in the LGBT community and have worked to serve the people in our community as best as I can. I have served on the board of directors for a respected organization, OutSport Toronto, known for promoting the participation of sport activities within the LGBT community, in addition to advocacy against LGBT discrimination in sport. I have also been a long-time supporter of LGBT charities, AIDS service charities and community athletics.

I’m grateful to offer my support 10 years later, toward some of the support structures that are so necessary to help LGBT youth who were in the same position that I was in. My hope is that they don’t feel alone or afraid, and that they can access organizations that are here to support them.

I look forward to continue working to serve my community and I commit to representing their best interests if elected as the Member of Parliament for Toronto Centre.

I will not comment further on these decade old posts. My priority today is focused on promoting Stephen Harper’s plan to create jobs, cut taxes and keep our communities safe.”

SCARBOROUGH SOUTHWEST

Arrested G20 protester takes on former police chief Blair



Tommy Taylor is the newly nominated Green Party candidate for the federal riding of Scarborough Southwest, where he will take on Liberal Bill Blair, inset. TORSTAR NEWS SERVICE FILE

Tommy Taylor is running in the federal election against former police chief Bill Blair.

He’s also running because of him.

Taylor, who won the Scarborough Southwest nomination Wednesday, was one of hundreds of Torontonians unlawfully arrested and detained by police during the G20 protests in 2010. Blair was the city’s top cop at the time.

Taylor, 34, credits the event as his entry point into politics.

“I had never been to a protest before in my life. It was a big wake up call,” he said.

After his arrest, Taylor began volunteering with political organizations, ranging from Amnesty International to OpenMedia.ca. He also turned his G20 experience into a one-man play and toured the country in 2013.

+ STRATEGY

Greens not targeting T.O.

The Greens are targeting 16 seats across the country where they believe they have the best chance of winning, party spokesman Matthew Chisholm said. Only two of those — Guelph and Thunder Bay-Superior North — are in Ontario.

Then, when Blair received the Liberal nomination in the riding of Scarborough Southwest, something snapped. Although he lives in Regent Park, Taylor decided to step up and challenge Blair directly.

“Bill Blair has one of the worst track records for public oversight of nearly any public

official,” Taylor said, noting watchdogs like the Ontario Ombudsman and the province’s Special Investigations Unit have been critical of the former chief.

“I don’t think we need any more of that in Ottawa,” he added.

Taylor decided to throw his hat in the ring, saying he was drawn to the Greens because of the party’s stance on democratic and electoral reform.

“Everyone knows they’re the party of responsibility on the environment, but they’re also the party of responsibility on our democracy,” he said.

As for the party, they respect Taylor as an activist.

“He’s someone who can speak on our stance on civil liberties and particularly Bill C-51,” spokesman Matthew Chisholm said.

LUKE SIMCOE/METRO

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- You care about your family, and you want the best for them. This event will open your eyes to all you can really do for the people you love when you are finally the master of your financial success.
- His strategies are for everyone, even if you have absolutely no experience in buying or selling properties.

He has already shown hundreds of people just like you the ways to invest successfully in real estate – especially when the bottom is falling out of their home market – and his students' success just makes his success even greater. He's breaking his back to share his system because it works – and it can work for you.

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If you're working hard these days without enough to show for it, I understand. I used to work hard myself – the 18-hour days – the 7-day weeks. I was a struggling musician – a concert pianist – trying to provide for my 4 kids in Montreal. I got married at 18 and had those 4 kids by the time I was 23, and I wound up a stay-at-home dad (not by choice!). But I never made real money until I discovered the secrets of investing successfully in US real estate – and then I was able to work a lot less.

Once my friends saw how well I was doing, they all wanted to get involved. It's funny – for 6 long struggling years, I had no friends, I was the crazy "black sheep" of the family who always needed to get a REAL job, and suddenly, they were all asking ME for advice!

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Mulcair loses debate

ELECTION 2015

NDP boss disappoints as federal leaders face off



Steve Rennie
Metro | Ottawa

There were no knockout blows, no "You had an option, sir!" moments.

The first — and perhaps only — debate of this marathon federal election campaign to feature all of the major party leaders may not have had a clear winner, but arguably Tom Mulcair came out as the weakest performer when the NDP leader needed a strong performance the most. And that left the real debate, at least in the early stages, between Stephen Harper and Liberal Leader Justin Trudeau.

Here's my view of who owned each of the issues that arose over the course of the two-hour televised debate.

The Economy

Who excelled: Trudeau

Why: He went on the attack early and had Harper on his heels. He made the debate about him and Harper, while excluding Mulcair.

The Environment and Energy

Who excelled: Debate moderator Paul Wells of Maclean's

Why: He put Harper on his heels better than any of the party leaders by pointing out that the prime minister has been promising emissions regulations since 2008.

Democracy

Who excelled: A toss-up be-



Liberal leader Justin Trudeau, Green Party leader Elizabeth May and NDP Leader Tom Mulcair listen as Conservative Leader Stephen Harper speaks during the first federal leaders debate, Thursday, in Toronto. POOL/FRANK GUNN/GETTY IMAGES

tween Trudeau and Mulcair

Why: Trudeau scored when he responded "nine... nine Supreme Court justices" when asked by Mulcair what his acceptable per cent would be for a Yes side win in a referendum on Quebec's sovereignty. Mulcair was strong in going after Harper on the Senate.

Foreign Policy and Security

Who excelled: Harper

Why: He kept the focus on ISIL — and managed to pivot away from talk of veterans, where he was vulnerable — in a subject area he probably relished talking about nearly as much as the economy.

Each leader went into the

debate with a specific objective. Harper had to convince voters that his Conservatives are the only political party that can keep the economy on track and keep Canadians safe from whatever threats might be out there.

Mulcair had to introduce himself to Canadians and come

off as the prime minister-in-waiting. He had to convince voters — some of whom might never have dreamed of voting for the NDP — that his party is the only one that has a shot at ousting the Conservatives from power.

Trudeau has to show people that he is not the lightweight

Stephen Harper: B+

He took a number of body blows but stayed on his feet. He benefited from the final round being on security and foreign affairs.

Justin Trudeau: A-

He succeeded early on in making the debate between him and Harper. He had a strong first round. Probably exceeded expectations.

Tom Mulcair: B

He looked uncomfortable and a bit wooden at times and found himself on the outside looking in as Trudeau and Harper scrapped early on.

Elizabeth May: A

It's an easy A to give out. May went into the debate with little to lose. She was likeable and articulate. Came across as the conscience of the debate.

“

The way you deal with this is by sticking with a plan that is working.

Stephen Harper

“

Honestly, Mr. Harper's plan simply isn't working. We know that.

Thomas Mulcair

“

The only risk right now would be sticking with what has been a failed plan.

Justin Trudeau

“

I don't really think he's got a good track record on spotting when this country is in recession.

Elizabeth May

that the Conservatives and NDP have made him out to be. He had to appear as different from Harper and Mulcair as he possibly could — a cheerful, optimistic antithesis to their rough-and-tumble politics.

Elizabeth May had to convince people that a vote for the Greens is not a wasted vote, and that her party could wind up holding the balance of power in a minority government.



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AMERICA VOTES

Trump the main attraction at first Republican clash

The Republicans set in motion a key ritual of the American political process Thursday, with billionaire businessman Donald Trump using the opening moments of the party's first debate of the 2016 presidential campaign to refuse to rule out running as an independent.

At centre stage, the Republican frontrunner was the only one of 10 candidates to raise his hand when the Fox News hosts asked if anyone onstage would not pledge to support the eventual party nominee. "I will not make the pledge

at this time," Trump said.

That enraged Kentucky Sen. Rand Paul, who said Trump was "already hedging his bets because he's used to buying politicians."

Trump had already loomed over the events Thursday night. During an earlier event for candidates relegated to a discussion outside of prime time, Trump took shots for his past positions in favour of universal health care and abortion rights.

Trump remains a long-shot candidate to replace President Barack Obama, but the brash

real-estate mogul and reality-television star took centre stage in Cleveland, Ohio, as top performer in several recent national polls. Only 10 candidates were invited to participate in the main event, with the remaining seven relegated to a pre-debate forum.

It's a key test for Trump, whose unpredictable style and unformed policy positions mean he doesn't fit neatly into any single wing of the Republican Party.

That appears to be a draw to some Republicans frustrated with Washington and career

politicians, but others fear his eccentricities and outlandish comments — whether about Mexican immigrants being "criminals" and "rapists" or his questioning of the war record of Sen. John McCain — will taint the American public's view of the party.

As in the 2012 Republican primaries, the party faces a tug-of-war between those eager for a candidate with broad general election appeal and those who think the key to winning is nominating a fiery conservative.

THE ASSOCIATED PRESS



Republican presidential candidate Donald Trump looks at Jeb Bush, right, as Scott Walker watches during the first Republican presidential debate at the Quicken Loans Arena in Cleveland on Thursday. ANDREW HARNIK/THE ASSOCIATED PRESS

Premier hits back at Harper

POLITICS

PM called tax increases by Alberta NDP 'a disaster'



Robson Fletcher
Metro | Calgary

Alberta Premier Rachel Notley spoke Thursday directly in response to Stephen Harper's assertion earlier in the week that her government's tax policy has already been an "absolute disaster," but she didn't mention the Conservative leader by name.

"I completely reject the Conservative campaign's comments about the decisions of the people of Alberta that they made last spring," Notley told reporters Thursday morning.

"Whether their federal cousins like it or not, the people of Alberta decided they'd had enough of the Conservative government in this province and they decided to elect a new government."

The premier said her government was simply following through on a campaign promise when it scrapped the "unfair health levy" proposed by the Progressive Conservatives prior to the May election and instead increased the provincial corporate tax rate and the personal income tax rates of people earning \$125,000 or more.

Presented with differing policy options during the election campaign, Notley said, "the people of Alberta made their choice."

At a campaign stop on Monday, Harper criticized Notley's decision to delay a provincial budget until October while still acting to boost the corporate tax rate to 12 per cent

The people of Alberta made their choice.

Premier Rachel Notley

from its previous level of 10 per cent.

The NDP is also replacing Alberta's flat income tax structure for individuals with a progressive structure that sees rates begin to rise on annual incomes of \$125,000 or more.

"The new NDP government — they can't present a budget, but what was the first thing they did? They raised taxes, and that's a disaster, an absolute disaster," Harper said.

Notley said Thursday it's "normal" to have a tax system "that asks those who've done the best to contribute a little bit more."



Alberta Premier Rachel Notley fields questions at the summer meeting of Canada's premiers in St. John's in July.

ANDREW VAUGHAN/THE CANADIAN PRESS FILE

ALCOHOLISM

Online AA sites on rise

Face-to-face meetings are more effective than online groups for those trying to curb alcohol abuse, but use of web-based sobriety support sites is steadily growing, an international survey has found.

The survey of 196 adults with alcohol addiction, including some Canadians, was presented Thursday at the American Psychological Association's annual convention in Toronto.

"Face-to-face killed it, crushed it," said lead researcher Don Grant of Fielding Graduate University in Santa Barbara, Calif., referring to in-person meetings versus online support for alcohol dependence.

While respondents overall reported preferring face-to-face meetings, online support was increasingly being used, corresponding with a moderate drop in in-person attendance at meetings, the study found.

"It did show enough of a migration to online to show that AA face-to-face could be in trouble," said Grant.

THE CANADIAN PRESS

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SECOND WORLD WAR

Japan marks 70th anniversary of bombing of Hiroshima

Japan marked the 70th anniversary of the atomic bombing of Hiroshima on Thursday, with Mayor Kazumi Matsui renewing calls for U.S. President Barack Obama and other world leaders to step up efforts toward making a nuclear-weapons-free world.

Tens of thousands of people stood for a minute of silence at 8:15 a.m. at a ceremony in Hiroshima's peace park near the epicentre of the 1945 attack, marking the moment of the blast.

Then dozens of doves were released as a symbol of peace.

The U.S. bomb, "Little Boy," the first nuclear weapon used in war, killed 140,000 people. A second bomb, "Fat Man," dropped over Nagasaki three days later, killed another 70,000, prompting Japan's surrender in World War II.

The U.S. dropped the bombs to avoid what would have been a bloody ground assault on the Japanese mainland, following the

fierce battle for Japan's southernmost Okinawan islands, which took 12,520 American lives and an estimated 200,000 Japanese, about half civilians.

Matsui called nuclear weapons "the absolute evil and ultimate inhumanity" that must be abolished, and criticized nuclear powers for keeping them as threats to achieve their national interests. He said the world still bristles with more than 15,000 nuclear weapons. THE ASSOCIATED PRESS

NUCLEAR SECURITY

Satellite images are showing activity at Parchin site in Iran

Satellite imagery of an Iranian site possibly used for work on a nuclear weapon shows crates, trucks and construction that may be linked to a renewed attempt to clean up before an inspection by the UN's nuclear monitor, a non-proliferation institute said Thursday.

The International Atomic Energy Agency — the UN

watchdog — has repeatedly cited previous evidence of possible attempts to sanitize the Parchin site. But the report by the Institute for Science and International Security is significant because the IAEA plans to visit the site soon as part of the deal between Iran and six world powers focused on limiting Iran's nuclear programs in exchange for the re-

moval of economic sanctions.

The institute cited commercial satellite images in an email to The Associated Press, saying they show "renewed activity" at the site. It said that "could be related to refurbishment or cleanup prior to any IAEA inspection or the taking of environmental samples."

THE ASSOCIATED PRESS



Malaysian Transport Minister Liow Tiong Lai speaks during a news conference on the missing Malaysia Airlines Flight MH370 in Putrajaya, Malaysia, Thursday. THE ASSOCIATED PRESS

Flight 370 families upset over probe

MALAYSIA AIRLINES

Australia, France unable to confirm wing flap origin



Why the hell do you have one confirm and one not ... Why not wait and get everybody on the same page so the families don't need to go through this turmoil?

Sara Weeks

The Malaysian government was certain: The airplane part found on an Indian Ocean island came from Malaysia Airlines Flight 370. Investigators in France weren't so sure quite yet.

And those differing approaches created confusion and anguish Thursday for the families of those aboard the ill-fated flight.

"From our first observation, the colour tone and all maintenance records that we have, we know," Malaysian Transport Minister Liow Tiong Lai said. "Our records show that it's the same as MH370."

He added that there are "many other technical details that I do not have to reveal" that confirm the part is from Flight 370.

Malaysian Prime Minister Najib Razak announced early Thursday that the piece of debris, known as a flaperon, came from the doomed aircraft, but authorities in France, the U.S. and Australia have stopped short of full confirmation.

The dissonant comments infuriated many relatives of the 239 people on board the plane,

who have waited more than 500 days for concrete clues into the fate of their loved ones. Dai Shu-qin, the sister of a passenger, was among about a dozen Chinese relatives who held a demonstration outside Malaysia Airlines' offices in Beijing.

"France is being cautious about it, but Malaysia is desperate to put an end to this case and run away from all responsibilities," she said.

Liow said differences with other countries amounted to "a choice of words."

He also said more debris has been found on Reunion Island and was sent to local authorities for French investigators to examine. However, the Paris prosecutor's office, which is spearheading a French legal inquiry into the crash, denied that investigators had any new debris, and multiple French officials involved in the investigation in Reunion and in Paris said they also were unaware of a new discovery.

The officials requested anonymity, because they did not

want to appear critical of the Malaysian investigation, but those contradictory statements about new debris threw more confusion over an investigation that has often seemed inconsistent, to the dismay of families of those lost.

The Australian government, which leads the seabed search for wreckage west of Australia, was also less certain than Malaysia, saying only that "based on high probability, it is MH370."

However, Australian Transport Minister Warren Truss said Australia respected Malaysia's right to make that call, given that it is in charge of the investigation.

"Of course, there is still some I's not dotted and T's not crossed. There is still a very small element of doubt," Truss said.

Many Flight 370 families said they were fed up with the mixed messages.

"Why the hell do you have one confirm and one not?" said Sara Weeks, the sister of New Zealander Paul Weeks, who was on board. THE ASSOCIATED PRESS

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Business owner Katherina Athanasopoulou, posing at the entrance of her workshop in central Athens on Thursday, says export orders to Germany have been cancelled because of payment disruptions caused by capital controls in Greece. YORGOS KARAHALIS/THE ASSOCIATED PRESS

Creditors say deal is possible

GREECE

Bank stocks recover after disastrous three days

Greece's talks with its creditors on a vital third bailout are making "satisfactory progress," the European Union executive said Thursday in its most upbeat assessment so far, as Athens stocks rebounded three days after their worst plunge in decades.

A European Commission

spokeswoman, Mina Andreeva, said the lenders are hoping to finalize the 85-billion euro (\$92.5 billion US) agreement in time for a major Greek debt repayment in two weeks.

"We believe this is an ambitious yet possible timetable," she said. "Our teams (have been) on the ground (for) almost two weeks, and they report satisfactory progress."

The radical left government on Wednesday said Athens was hoping to avoid extending negotiations and having to seek an interim loan to cover the Aug. 20 payment, worth more than 3 billion euros (\$3.27 bil-

lion US) to the European Central Bank.

The terms of the new loan are being worked out in Athens in talks between government officials and lead negotiators from the European Commission, ECB and International Monetary Fund.

The Athens stock exchange gained 3.65 per cent Thursday, three days after its disastrous opening — when a sixth of listed companies' value went up in smoke — following a forced five-week closure. Banks, which saw huge losses over the past three days, gained a collective 18 per cent. THE ASSOCIATED PRESS

IN BRIEF

Israel buying locomotives from Bombardier

Bombardier beat several international rivals including Alstom and Chinese bidders to win a contract from Israel Railways for 62 electric locomotives valued at \$260 million US, the railway said Thursday. THE CANADIAN PRESS

market minute

	DOLLAR 76.29¢ (+0.46¢)
	TSX 14,405.91 (-97.08)
	OIL \$44.66 US (-49¢)
	GOLD \$1,090.10 US (+\$4.50)

NATURAL GAS: \$2.813 US (+1.5¢)
DOW JONES: 17,419.75 (-120.72)

TELECOMMUNICATIONS

Wireless subscribers boost BCE's profit

Changes in the rules for wireless contracts gave BCE Inc. a bump in new subscribers and helped raise profits by 25 per cent in the second quarter.

The Montreal-based telecommunications company said Thursday that net income was \$759 million or 90 cents per share, compared to \$606 million or 78 cents a year ago.

The big increase was attributed to a number of other factors as well, including taking full ownership of Bell Aliant last year and gains from the sale of a 50 per cent interest in the Glentel retail business to Rogers Communications.

But it was the addition of 61,000 net postpaid subscribers in the period that stood out as a victory against one of its biggest competitors, Rog-

1.3 million

About 1.3 million homes in Ontario and Quebec will be able to subscribe to Bell Gigabit Fibe starting Monday, while the Atlantic provinces will have access by October. The service has Internet speeds of up to one Gigabit per second.

ers Communications, which managed to deliver just over a third of that growth, or 24,000 customers, in the same period. Both carriers have been in fierce competition, along with Telus, to retain their wireless customers. THE CANADIAN PRESS

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ROSEMARY WESTWOOD

metroview

What you don't know about fentanyl can kill you: It's time to learn

We need to do something about street drugs.

In just the latest death, 17-year-old Jack Bodie died in Vancouver last weekend after snorting fentanyl. The drug is linked to 75 deaths in B.C. in 2014, mostly recreational users, according to the B.C. Coroners Service.

Days later, his dad spoke to CBC Radio.

"I can't say don't do drugs. That's a false start, and we know that from trying to fight the war on drugs," he said. But, he continued, the casual use of fentanyl is seen as no riskier than having a beer.

Fentanyl is unusually deadly, but street drugs in general pose a dilemma for invincible-feeling teens and 20-somethings, because getting high feels fantastic, and most people don't die from it.

"There's always risk," said a longtime dealer I know, one trusted by his friends to provide a safe high.

He knows his wholesalers well. He tests his drugs to confirm what he's got. He takes marijuana to a special site to test for mould, E. coli and other toxins. It's not a perfect system, but it helps, he said.

"If you don't have that, then you're forced into a dark market that is unregulated, uncontrolled, patrolled by piranhas and devious people."

Some don't care what they sell you and whether it's

dangerous.

"Any good chemist can make his pills look like anything these days," the dealer added.

Drug-testing kits are one defence. They could be handed out at walk-in clinics, he suggested, mirroring the harm-reduction tactics of Vancouver's safe-injection site. There could be drug-testing sites at pill-fuelled festivals, equipped with information on drug effects and risks.

Education, he said, is key. Doctors have said most overdoses at Nova Scotia's Evolve Festival result from a cocktail of drugs, making testing kits a moot point. But what if we knew more about the effects of mixing drugs?

The dealer suggested parents sit down with their kids to explain how street drugs affect the body, for good or ill. And, maybe, that they even offer a safe space to experiment, the way some parents let their teenagers drink booze at home.

B.C. police forces, health authorities and the B.C. Coroners Service agree the public needs the information: They've launched the website knowyoursource.ca. It explains fentanyl, overdoses and how to lower your risk if you decide you use it.

One thing should be very clear to us all by now: What you don't know can kill you. And we know far too little.

THE KOHLER REPORT: ON — OH, THERE'S AN ELECTION?



Imagine the NDP wins?! All roads will be replaced by giant, tulip-lined bike lanes

some of my friends consider me "informed." Let's compromise and say I'm your average Canadian. Please read on to find out the average Canadian's take on #CanPoli.

Harper and his "people" recently passed a bill called C-51; it's a bill that means if I say bad things about the government, I can be arrested. I think it might be racist, too, but I'm not sure. People were really angry about the bill on Facebook, almost as angry as they were about Cecil the lion. Justin Trudeau was in favour of the evil bill but Thomas Mulcair, leader of the NDP (see, I'm informed), opposed it and that made him a bearded hero.

Now there's an election starting and I hear it's going

to be long and expensive, like a wedding weekend for a friend you don't really care about. But what's really crazy is that Mulcair is leading in the polls.

I may not know a lot but I know that the idea of a Canada led by the NDP is up there with pigs flying in a frozen hell. Oddly, even though it's Mulcair who Harper should be most concerned about, the only attack ads I've heard have been aimed at "Justin" and how he's a pot-smoking teenager with great hair who still needs to go through puberty. Did you know that Trudeau's dad was a famous Prime Minister? His name was Pierre and it's kind of a God/Jesus thing — if Jesus had turned out to be a disappointment.

Harper also put an ad on

line about how he's against the Netflix tax. The ad felt like something you'd see during a high-school election for co-prez but with lesser production value (I was disappointed he didn't promise free fruit punch in the caf at lunchtime).

I'm not sure when we actually vote, but I'll find out when I get that election card in my mailbox. I'll vote NDP because I think I agree mostly with their policies (Netflix tax aside). Imagine the NDP wins?! All roads will be replaced by giant, tulip-lined bike lanes. Everyone will get a free live-in nanny. Prescription drugs will be included in our health care and Gay Pride will be made a national holiday!

Then the country will declare bankruptcy.

Maybe Canadian politics are less a dream, more an acid trip? Either way, I hope you all learned something here today!

Take that, Chantal Hébert.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler.

Happy face/Sad face

From **generous brides** to **egregious grooms**, Metro weighs in on the news making headlines this week



Mill-Drake beef a cash cow for biz?

Companies have taken it u-pun themselves to milk the beef between Meek Mill and Drake. Burger King tweeted a pic of their Whopper with "All these burgers and they still got beef." Texas's Whataburger wrote "Meek Mill take it from us — if you gonna serve beef serve it high quality." Even Rosetta Stone jabbed "We might not be able to translate the latest #MeekMill soundtrack, but we can help you learn languages most ppl speak." The corporate consensus seemed to be that Meek was weak, and their responses were well done.

SOURCE: THE ASSOCIATED PRESS



In sickness and in health of 4,000 refugees

Oh, weddings. All that fretting about the guest list. Do you invite coworkers? Parents' friends? 4,000 Syrian refugees? If you're Turkish couple Fethullah Üzümcüoğlu and Esra Polat, you do just that. The pair opted on their wedding day to put the money towards feeding refugees in the nearby border town of Kilis, which hosts 123,000 Syrians. The charity Kimse Yok Mu tweeted photos of the couple in full bridal outfits helping to serve up meals. SOURCE: THE DAILY BEAST



#ilooklikean engineer — duh

It started with a woman on a San Francisco recruitment ad talking about her job. Much reaction followed, the reasons for which are confusing to normal humans. Isis Wenger is a female, an engineer, and attractive — a combo that proved suspicious for some. Anyway, negative comments inspired a viral hashtag (naturally) with thousands of women tweeting their photos with their engineering roles. IWenger said she hoped to help eliminate "subconscious bias" in tech.

SOURCE: TECHCRUNCH



Honeymoon groom no honey next day

Ladies, let this be a lesson to you: Let your partner see you at your worst. Or, you know, without makeup. Alternate lesson: Don't agree to marry a jerk. An Algerian groom took his wife to court the day after marrying, seeking \$20,000 in damages for "psychological suffering." The crime? He did not recognize her the next morning without her full makeup and claims he was frightened and thought her a thief who came to steal his apartment.

SOURCE: EMIRATES 24/7



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CIBC TEAM NEXT



THE NEXT STEP

CIBC Team Next is helping Canada's athletes jumpstart their careers

Getting caught up in the excitement of watching the world's best athletes at the Pan Am and Parapan Am Games can make it easy to forget how much is required for them to get there. Athletes and their families have undergone years of sacrifices — personal and financial.

As the Lead Partner of the Pan Am and Parapan Am Games, CIBC has stepped in to help. In 2013, the bank announced CIBC Team Next, a \$2-million investment — and the first of its kind in Canada — to help the 67 amateur athletes working hard to represent Canada now and in the future.

"It's one of the programs I'm most proud of," says Monique Giroux, CIBC's vice-president of sponsorship marketing and strategy. "We wanted to create something unique that would support up-and-coming athletes as we recognized a gap at that level in funding."

"As the Lead Partner of the Games, we had the opportunity to create some legacy initiatives. We wanted to do something for the athletes."

MORE THAN FUNDING

Through CIBC Team Next, each athlete receives \$5,000 a year for three years through 2016. But the program, created by CIBC with partners AthletesCAN, the association of Canada's national team athletes, and the Canadian Sport Institute Ontario, is about more than just funding. It's also about creating a unique community of seasoned and up-and-coming athletes who get

to know and support each other through a mentorship program as well as through workshops and forums.

"I honestly, truly, from my heart can't say enough good things about it, because it's important to me to support our up-and-coming athletes," says Paralympic wheelchair racer and five-time Canadian champion Josh Cassidy. "Nations put money into the athletes who are going to give them the medal — and anything can happen in sports in the end," he says. "For a corporation to recognize the importance of the up-and-comers, giving them the support and the network for them to excel, that's priceless."

Cassidy is one of nine mentors; others include triathlete Simon Whitfield, gymnast Kyle Shewfelt, boxer Mary Spencer, canoe-kayaker Mark de Jonge, soccer star Kara Lang, track and field great Bruny Surin, and swimmers Stephanie Dixon and Benoit Huot — each one a national, international, Olympic or Paralympic athlete. Each has several up-and-coming athletes to mentor.

BUILDING RELATIONSHIPS

Both sides benefit from the relationship. "It's also great for the mentors to be able to give back to a community we gained so much from," says Dixon. "It's an incredible experience for me. Being able to support these athletes and have a little window to their journey and their successes and to feel I have a purpose and a value

in this community again means so much to me as well."

All of the program's 67 athletes also receive advice to enhance their lives and prepare them for life after sports — help with personal finances, academic and career planning, social-media training, public speaking and more. Through annual forums, they can share experiences and get support from other athletes and coaches.

One thing Giroux says CIBC wasn't counting on was how much of a community this group of athletes would form with each other.

"CIBC Team Next is its own community now and everyone supports each other," she says. "It's multi-sport. And I love that it brings para- and able-bodied athletes and mentors together."

To all the young mentees, CIBC Team Next is, as wheelchair basketball athlete Nikola Goncin says, "awesome." In fact, the athletes formed their own Facebook group after they were officially named and met one another in November 2013. It's been their go-to place to connect during the Games. "Everyone's posting how they did and when they compete," says Goncin. "CIBC Team Next has made it super easy for all involved to get tickets for everyone's sport, to support, to watch. It's almost like strangers have come together by the power of sport."

THE NEXT GENERATION

As part of its sponsorship, CIBC has also pledged to support budding athletes with KidSport, a \$1-million multi-year national program that helps remove some of the financial barriers keeping young kids out of organized sports.

"They're national, very grassroots and help kids access sports who otherwise can't afford equipment or registration fees," says Giroux. "The Games are going to come and go. We wanted to make an impact on the sporting culture in Canada after the Games are gone."

The program is definitely making an impact. During the recent Pan Am Games, CIBC Team Next athletes took home 30 medals, including Canada's first two gold medals, which came from kayaker Michelle Russell and synchronized swimmer Jacqueline Simoneau.

"I feel like we've adopted these 67 athletes," says Giroux. "It's been a wonderful experience all round. We're all behind them, we're all cheering for them. We want them to be successful — in their sport but also in life."

INSIDE THE GAMES

TORONTO 2015 is the fifth — and largest — Parapan Am Games, with more than 1,600 athletes from 28 countries competing in 15 sports. Among the sports CIBC Team Next athletes will compete in:

Goalball

Played in a silent environment by visually impaired athletes, goalball calls for teams of six with no more than one centre and two wingers on the court at any time. Players attempt to roll the 1.25-kg ball into their opponent's goal, which is the width of the court, while opposing players attempt to stop the ball with their bodies. The ball contains noise bells, and the court has tactile markings to help the players keep their bearings.

Cycling

While para-cycling was initially developed by and for visually impaired competitors, the category has broadened to include those with cerebral palsy, amputations and other physical impairments. Depending on their category, athletes will ride traditional, tandem (for visually impaired) tricycles or hand cycles. In road races, competitors begin together and complete a certain number of circuits of a seven- to 10-km lap. During time trials, athletes start in 60-second intervals and the fastest time wins.

Athletics

A part of the Paralympic Games since their beginning in 1960, athletics is the largest sport of the Parapan Am Games. Athletes compete in track, jumping (high, long and triple) and throwing (discus, shot put, club throw, javelin) events, as well as in combined events, and do so in wheelchairs, with a sighted guide or with prostheses. Track and field rules in these games are almost identical to those at the Olympics.

Sitting Volleyball

The objective is essentially the same as in the standing version of the game — get the ball over the net and ground it — though there are slight modifications in rules and the net is lower. Each team has no more than 12 players, and matches are the best of five sets.

Wheelchair Rugby

A 1970s Canadian invention, wheelchair rugby (or "murderball" as it was originally known) is now played in 26 countries and is a combination of basketball, hockey and handball. The object of the fast-paced full-contact game is for players — athletes who have limited or no function in at least three limbs — to cross their opponents' goal line by dribbling, carrying or passing the ball. The game consists of four eight-minute quarters.

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Athlete to athlete

EXCLUSIVE INTERVIEWS WITH CIBC TEAM NEXT PARAPAN AM ATHLETES AND THEIR MENTORS



THE MENTOR

Ottawa-born wheelchair racer Josh Cassidy, 31, was diagnosed with neuroblastoma — cancer in the spine and abdomen — shortly after birth and was given little chance of survival. The treatments worked but left him with partial paralysis in his legs. Defying the odds, he competed in the 2008 Paralympic Games in Beijing, as well as the 2012 Games in London where he finished 5th. As Canadian Champion, Josh was undefeated for five straight years in all of his events, winning a total of 27 gold medals. Cassidy holds the course record for the Boston Marathon, the fastest person ever to complete a marathon anywhere in the world. When he is not training, he shares his experiences through speaking engagements and works on art, writing and music projects.



THE ATHLETE

The summer before Pamela LeJean's last

year of high school, she was involved in a car accident that left her paralyzed from the chest down. After rehab, the athletic 17-year-old from Cape Breton set a goal to make the national team for swimming, but tendonitis in both shoulders prevented her. In 2011, she discovered that, by wearing a chest strap, she could play wheelchair basketball — and she loved it. But shoulder problems surfaced again and a coach encouraged her to try track and field. Now, LeJean, 30, travels the world competing in seated shotput and javelin and is a favourite to represent Canada at the 2016 Paralympic Games in Rio.

Pam LeJean likens the CIBC Team Next annual forum experience to summer camp, where everyone gets together and stays together.

"We've got this schedule and it's all based around how they can make us the best athletes and to manage ourselves to grow into almost business people, to manage our careers, to give us social media experts to talk to so we can present ourselves in the best way," LeJean says. "It's so inspiring to see these athletes and this team of people who believe in us and want us to succeed so much."

Because there is a company willing to invest time and money in her career and future, she adds, "it makes me want to take myself so much more seriously during those times I want to break my diet or I want to stay up and go out with my friends. It's very motivating to help me stay on track."

Cassidy and LeJean were friends before being paired in CIBC's mentor program, which made the transition into the new arrangement easy. With his years of experience, Cassidy helps LeJean with everything from how to handle pressure to her relationships with coaches, nutritionists and therapists to sponsorship, social media and financing questions.

In addition to the mentees he's "assigned" to, Cassidy has developed relationships with many of the other athletes as well.

"That's the whole point," he says. "We're all a team working together."

Cassidy feels it's a great chance to give back after all the role models and mentors he's been lucky enough to have in his life. "And still learn," he adds. "I don't know everything myself, either. And it makes me

accountable — to practice what I preach."

According to LeJean, athletes don't tend to talk a lot about their experiences or give each other advice, "because that's not really a cool thing to do." Even though they were friends, LeJean isn't sure she'd have felt comfortable asking Cassidy a lot of questions — and as a relatively new athlete at this level, LeJean has a few.

"To put him in a mentor

position creates that flow so that I can say, 'Listen, I'm going to Worlds, what can I expect in terms of food?' or 'How do you take your protein?'" she says. "He's been

through so many things that I am going through so he's just a wealth of knowledge. The fact that CIBC has thought of this and allowed us to do it is amazing."

LeJean is one of 67 Canadian amateur athletes receiving funding and mentorship through CIBC Team Next.



d their all-star mentors.

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CIBC TEAM NEXT



THE MENTOR

Calgary-born Kara Lang was a teenage sensation on the soccer pitch — the youngest player in Canadian history to be invited onto the women's national team. Before injuries forced her into retirement in 2011, Lang, now 28, represented Canada at the 2007 Pan Am Games and at two FIFA Women's World Cups. In 2008, she scored the goal that took her team to the quarter-finals at the 2008 Olympics. Currently, Lang teaches yoga and covers Major League Soccer for TSN.



THE ATHLETE

Orleans, Ontario, native Samuel Charron, 17, started playing soccer when he was four years old — one of the easiest sports for him to manage with mild cerebral palsy. At 13, he was asked to the Canadian Para-Soccer Team's training camp in Penticton, B.C. Charron had always tried to hide his disability — he wore a leg brace when he was young and endured some bullying — but once he found out about the team, he stopped covering it up. At the 2012 Intercontinental Cup in Barcelona, Charron and his team won gold, and Charron was named MVP of the tournament — the youngest Canadian player to receive that honour. Charron is part of Canada's 7-a-side football team at the Parapan Am Games.

One of the biggest issues for any athlete — and particularly

for one as young as Sam Charron — is how much time is spent away from home. It means not only missing out on a lot of social activities, but having to navigate school work and absences while maintaining focus on training. It's something all high-level athletes can relate to and something Lang frequently talks to Charron about.

"I missed my prom!" Lang says. "It's all about getting the perspective, how to find balance and recognize these are choices you're making, not something you have to do. And it will hopefully pay off when you reach your goals."

Like Charron, Lang was very young when she hit the national stage, so she understands much of what her mentee is going through. Missing classes is a particular stressor.

"You're looking at your schedule over the next six months and see that you're in a different country every month," she adds. Lang and Charron talk about how to communicate worries to his teacher so he can get the help he needs and be able to focus more on the game.

And Charron is grateful not just for the financial help from the CIBC Team Next program, but for the connection with Lang.

"She's been through the soccer thing," he says. "She helps me calm myself down when I'm nervous; she tells me what I'm doing right and what I'm doing wrong and we'll fix it together." The two are in touch frequently when Charron is not on the road — "just to make sure she's there for me and I'm there for her if she needs it."

Lang knows how useful it can be to have a mentor; she's learned a lot over the years from other athletes, and now from Charron. "The sacrifices required to compete at that level are the same in any sport," she says. "To be able to glean anything from athletes who have been there before is huge."

All of her own experience with mentors has made Lang appreciate



the CIBC Team Next program because the mentors have a structure to their relationship with the athletes.

"Before this, there wasn't really any blueprint for how to do it," she explains. "This is very organized and there are always opportunities for us to get together. Having face-to-face interactions with all of your mentees — and then they interact with one another, and the mentors all do, too — is so much

more conducive to a successful program."

During the Pan Am Games, Lang and other mentors had a chance to catch up with their charges. And she feels that coming together as a community has been part of the reason why the Canadians had their best-ever showing at these Pan Am Games.

Says Lang: "The success we've seen has a lot to do with efforts from companies like CIBC."

"I DON'T KNOW EVERYTHING MYSELF EITHER.
AND IT MAKES ME ACCOUNTABLE — TO
PRACTICE WHAT I PREACH."

— Josh Cassidy, wheelchair racer





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CIBC TEAM NEXT

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THE MENTOR

Longueuil, Quebec-born Benoît Huot, 31, born with a club foot on his right leg, was inspired to try swimming by his best childhood friend (who had just won a medal at a swimming competition) and by Canadian Olympic swimmer Mark Tewksbury. Since his first competition at the age of 10, Huot has won 19 Paralympic medals at four Games — making him one of the country's most accomplished Paralympians — primarily in the freestyle and butterfly strokes.



THE ATHLETE

Nikola Goncin, 23, was always competitive in whatever sport he played — soccer, tennis, basketball. In his first year of high school, Goncin, who came to Canada with his family from his native Sarajevo, Bosnia-Herzegovina, as refugees of war in 1994, was diagnosed with osteosarcoma. When in Grade 10 he returned to school after treatment which resulted in the loss of his left leg, one of his gym teachers brought in wheelchairs so the class could play wheelchair basketball. Now living in Regina, Goncin just graduated from the University of Illinois and has played on the national team for three years.

Like most experienced athletes, Huot understands the impact a sports champion can have on someone with dreams early in their careers. He recalls when French Canadian freestyle skier Jean-Luc Brassard visited Huot's school and talked to the students about his gold medal victory at the 1994 Winter Olympics. Huot was only 13, but Brassard's speech inspired him for years to do what was necessary to accomplish his own dream of going to the Paralympics. When Huot ran into Brassard

years later at a golf tournament, he told the skier how much that speech had meant to him.

Huot recalls: "He was very emotional when I said that to him. He said, 'Ben, you make me realize 15 years later why I did that.'"

Now at the end of his career, Huot is the newest addition to CIBC Team Next, joining in February 2015 as the program's ninth world-renowned athlete mentor for "the chance to give back and try to develop, encourage and support the next generation of champions."

"Most of these [athletes] are already champions but, like Nik, they are at the start of their careers," he says. "There aren't many athletes who don't have doubts and questions. It's the least we can do to try to help them during their journey to success."

Nik Goncin is grateful for the support, both from mentors and teammates on CIBC Team Next. "Your team is a family," says Goncin. "So when things go wrong, you have a backbone — not necessarily yours, but someone's."

Goncin has talked to Huot and Paralympic wheelchair racer Josh Cassidy, his first CIBC Team Next mentor, about everything from what they eat after workouts to the mental aspects of the sports — anxiety and stress and how to deal with them.

"I take a little piece from here, a little from there," he says. "That's the most awesome thing about the mentor-mentee relationship. Sometimes we talk three times a week, sometimes not for a month." The biggest challenge, he finds, is time — something every high-level athlete understands. "You have to give up some things or do things differently."

Huot believes the impact of the mentorship component of the CIBC Team Next program is being felt all the way to the podium.

"It gives the next generation a better structure," he says. "If you look at the Pan Am results from the CIBC Team Next athletes, they are unbelievable. I'd like to think we're giving the best tools to those athletes — including access to mentors — and give them the confidence you sometimes lack in the beginning of your career on a national team. We are seeing the results."

Goncin is one of 67 Canadian amateur athletes receiving funding and mentorship through CIBC Team Next.



THE MENTOR

Retired Paralympic swimmer and Brampton native Stephanie Dixon is considered one of the world's best swimmers with a disability. Born without a right leg and hip, Dixon was in the pool by the age of two and started swimming competitively against those without disabilities at 13, earning herself a spot on the national Paralympic team the following year. She was just 16 when she set a Canadian record at the 2000 Paralympic Games by winning five gold medals. A three-time Paralympian, Dixon has set numerous world records, winning a total of 19 medals — the second-most in Canadian history. Named Canada's assistant chef de mission for the Parapan Am Games in Toronto, Dixon is involved in projects that promote inclusivity and accessibility of sport.



THE ATHLETE

Quebec City-born Jean-Michel Lavallière tried a variety of sports — soccer, badminton, ultimate Frisbee. The youngest of four kids, he was always keen to keep up, despite being paralyzed on his left side from cerebral palsy. When he was 12, Lavallière realized that swimming was the sport for him. Three months later, he was competing and, by 2005, he was at the Canada Games, racing alongside able-bodied swimmers. Lavallière, now 24 and a student at the University of Montreal, had his biggest success to date in 2014, with a triple-medal performance at the Pan Pacific Para-swimming Championships. Watch for his pre-race ritual — he wipes the block at least three times before he begins.

There is a real understanding between Dixon and Lavallière that comes from having so many shared experiences, character

traits and values — the two were even on the same team for two years before Dixon retired. Both say how important and influential the mentor-mentee relationship has been.

"It's immensely helpful to me," says Lavallière. "Working with Steph helps me to find the leader in me. Steph taught me that people have to truly believe in what they are capable of and believe they can achieve way more than they thought they could. It's helping me find this part of me that was a bit hidden."

In fact, at the recent world's championship in Glasgow, Lavallière was named team captain for the competition — something he never expected.

"It's never something that I was thinking about myself much," he adds. "I was probably more the silent type of guy, trying to lead by his actions. But I think I found myself."

Dixon brings a unique perspective to the relationship — and a glimpse at what life can be like after sports, a testament to the CIBC Team Next program's focus on helping athletes succeed on and off the field.

"He wants to know about my life and about what I'm doing now," she says, "and about how being an athlete has created the life I have now." The two talk about life outside of sports, as well as putting the daily struggles in the life of a high-level athlete into perspective.

"A lot of times he just needs a sounding board," Dixon adds. "Whether it's an issue with your coach, your teammates, injury, in his case school, or social stuff — how do you balance all of that? You just want somebody who's been where you are to validate that you're on the right track."

The beauty of the CIBC Team Next program, Dixon points out, is that it acknowledges that it's more than just hard work that gets athletes to the top.

"If you're going for a medal at a big, international game, there's support, there are resources to tap into," she says. "But getting to that stage can be challenging sometimes. Training is a full-time job, and if you're trying to make it as an athlete internationally, you have to train just as hard but without the resources."

And the more people around you as you work for that goal, the better.

"I tend to believe in having a board of directors for your life," Dixon says. "Your coach might be the chair of the board but they're not going to have all the answers." CIBC Team Next addresses that, she says.

"You have one mentor you go to but there's a whole whack of other mentors from other sports as well. No one has achieved anything without having people around you who believe in you."

In sport, incredible performances and medals are awarded to dedicated, hard working and very deserving athletes. But a part of each successful performance is also a reflection of the support system available to those athletes. CIBC Team Next has created a strong community with an incredible amount of experience and knowledge to support and set up their athletes for success.

Stop-motion studio's fab four

ANIMATION

Shaun the Sheep only latest triumph by Aardman

IN FOCUS

Richard Crouse

Kids' movies come in all shapes and sizes. This year there's been the introspection and action adventure of *Inside Out*, *Minions* mayhem and *Paddington*'s cuddly cuteness. For something completely different, there's the *Shaun the Sheep Movie*, a stop-motion animated film with virtually no dialogue but lots of fun.

Shaun is a resourceful, if mischievous, sheep who lives with his flock at Mossy Bottom Farm. When he accidentally sets off a chain of events that sees his Farmer get amnesia and become a successful hairdresser in the big city, Shaun tries to bring him back home. Wallace and Gromit fans may recognize Shaun the Sheep from the 1995 short film *A Close Shave* or his self-titled television series.

Animation fans will also recognize the unmistakable style of Aardman, the British animation studio responsible for bringing the Plasticine inventor Wallace and his dog Gromit to vivid life one frame



The genius of the Aardman studio lies in its ability to simultaneously appeal to younger and older audiences. HANDOUT

at a time. Time called their Claymation promo clip for Peter Gabriel's *Sledgehammer* one of the greatest music videos ever and their first full length film, 2000's *Chicken Run*, is the highest-grossing stop-motion film of all time.

The beauty of their work is that while it's generally aimed at kids it tickles funny bones young and old. What's the secret to their success?

"We don't make animated films," says founder Peter Lord. "We make films that

happen to be animated."

Here's a look at my favourite Aardman films.

Wallace and Gromit: The Curse of the Were-Rabbit
The story takes place days before the annual Giant Vegetable Competition. Wallace and Gromit's pest control company — Anti-Pesto — must do battle with a floppy-eared mutant rabbit who is nibbling on all the oversized vegetables.

The film is loaded with

MOVIE RATINGS by Richard Crouse

Fantastic Four ★★

Shaun the Sheep Movie ★★★★★

The Gift ★★★

★★★★ SEE IT

★★★ WORTHWHILE

★★ UP TO YOU

★ SKIP IT

fanciful Rube Goldberg-like contraptions, visual gags, bad puns — the cheese-loving Wallace's bookshelf features titles like *East of Edam* and *Grated Expectations* — and

double-entendres for the parents in the audience. There is at least one pretty good in-joke in there for film geeks too — a snippet of Art Garfunkel's song *Bright Eyes*, from

the rabbit-themed cartoon *Watership Down*, is heard on a car stereo. Park also tips his hat to the British love of gardening, *King Kong* and the *Hammer Horror* movies.

Pirates! Band of Misfits
It's not every kid's flick that features Queen Victoria, the Elephant Man and Charles Darwin. *Pirates! Band of Misfits*, however, isn't like most kids' movies. It's splendid side-splitting swashbuckling fun that mixes gentle family friendly humour, with some absurdist Monty Python style gags and Aardman's usual whimsy. There is so much going on here you may want to see this more than once to catch all the sight gags and throwaway lines on offer.

Flushed Away
For the first time ever, Aardman put their clay figures into storage and took a step into the 21st century, making a film that looks a great deal like one of their homemade stop-motion extravaganzas, but is actually computer animated. *Flushed Away*, the story of an upper class pet mouse flushed down the loo by a bullying rat, features great animation, an all-star British voice cast and something that all kids love — toilet humour.

It swirls along at quite a clip, effortlessly mixing literate verbal and visual jokes — we glimpse a cockroach reading Kafka's *Metamorphosis* — with potty humour that'll appeal to the kids.



ANIMATED FEATURE

The deadpan silence of Shaun the Sheep

Steve Gow
For Metro

He may be relatively new to Canadian audiences, but Shaun the Sheep is a wildly popular character everywhere else on the planet.

From Britain to Brazil and even Japan — where an exhibition recently attracted 30,000 fans in five days — the clever cloven-hoofed character has

Shaun in Shaun the Sheep Movie.
CONTRIBUTED

proved to be a massive hit for Aardman Studios, the U.K. creators behind stop-motion movies like *Chicken Run* and *Wallace & Gromit*.

"If we knew the answer to that (success), we'd have a few more characters probably," laughed Richard Starzak, co-director of the new *Shaun the Sheep Movie*. As writer and director on the hit BBC series ever since its debut in 2007, Starzak does hint the global reach of Shaun is simply because "silent comedy is universal."

As a series of seven-minute cartoons, that silence may be

golden but it certainly presented a new challenge to Starzak and co-director Mark Burton when they had to stretch Shaun the Sheep into a feature-length film without the use of dialogue.

"That was an exciting challenge for both of us (and) we took two years on the script," said Starzak of Shaun's off-farm adventure into the big city.

As such, the co-directing duo studied as many movies of the silent era as they could — including early-Hollywood gems from comedians like Charlie Chaplin and Buster Keaton. The directors are also being commended for

their slick inclusion of adult-oriented gags referencing everything from TV's *Breaking Bad* to the serial killer classic *Silence of the Lambs*.

"We never dumb down, we never think we should be writing for kiddies. We just make up a story that we enjoy and that makes us laugh," insisted Burton. "Having said that, there are a few moments where our sense of humour gets the better of us and we pop in a reference that is more aimed at adults. Or at least I hope Canadian children won't understand the Hannibal Lecter references."

7 HOLLYWOOD MOVIES TACKLE TROUBLED MINDS

This may be the summer of the mental-illness movie. Sympathetic portrayals of people dealing with mental illnesses help broaden public understanding of these little-discussed conditions and show the challenges sufferers face. Here's a look at recent and forthcoming films dealing with mental illnesses **THE ASSOCIATED PRESS**

Welcome to Me

1

Kristen Wiig stars as a woman with borderline personality disorder who wins the lottery. She immediately stops taking her medication and pours millions of dollars into producing her own talk show, where she discusses her high-protein diet, re-enacts formative moments from her life and performs amateur veterinary procedures. Tim Robbins co-stars as her psychiatrist. The film is available to rent online.



The End of the Tour

Author David Foster Wallace (Jason Segel) is finishing up his promotional tour for Infinite Jest when he agrees to an interview with Rolling Stone reporter David Lipsky (Jesse Eisenberg). Lipsky alternately tries to befriend and prod Wallace, who becomes increasingly frustrated and self-conscious. The film is based on Lipsky's book, which was published after Wallace's 2008 death.



What Happened, Miss Simone

3

This biopic shows the life of Nina Simone, from her public persona as a renowned singer, pianist and civil rights activist to her private struggles with abusive behaviour and bipolar disorder. This documentary, which premiered at the Sundance Film Festival, is available on Netflix.



Amy

A look at the talent and career of Amy Winehouse, and how fame and her battle with bulimia, depression and addiction contributed to her death at age 27. The film is in theatres now.

Love & Mercy

5

Focused on two significant periods in the life of The Beach Boys songwriter Brian Wilson. Paul Dano plays the musician in the late 1960s, when he experienced a creative surge and the onset of mental illness. John Cusack plays Wilson later in his life, overmedicated and controlled by a domineering psychiatrist (Paul Giamatti) until he finds love with future wife Melinda Ledbetter (Elizabeth Banks). The film is in theatres now.



Infinitely Polar Bear

Writer-director Maya Forbes based this story on her own childhood experiences. Mark Ruffalo plays a bipolar dad hospitalized after a mental breakdown. Upon his release, he's left to care for his two young daughters when his wife (Zoe Saldana) goes away to graduate school. The film is in theatres now.



I Smile Back

7

Sarah Silverman stars as a deeply troubled suburban mother struggling with the destructive effects of an unnamed mental condition. She complains that lithium makes her gain weight, so she self-medicates with cocaine, alcohol and promiscuous sex, endangering the life she loves with her adoring husband and their two kids. The film is scheduled to be released in October.



HOLLYWOOD

Gilded actress Theron inhabits dark places in latest role

Despite being one of the most successful stars in Hollywood, Oscar-winning actress Charlize Theron is painfully aware of how rare it is in popular film to come across a fully realized female protagonist that has some edge.

"It's really interesting when you get to play a woman that is layered and conflicted and has certain human attributes that might not be that attractive, which is part of the human condition," she says.

"Somehow, because we haven't seen enough of it in cinema, it kind of sticks out

like a sore thumb and people comment on it."

While she's not a fan of the state of female characters in movies, she understands why people are focused on them.

"People are talking about it because there has been such a lack of it," she says.

"I can't say that I'm attracted to angry, dark people. I think what I'm attracted to is characters to me that feel very truthful to the embodiment of a full woman. It's just refreshing to see women like Gillian write women like that. It feels au-

thentic and real."

Some keeping an eye on Theron's career have suggested that she might be drawn to these types of darker roles because of her own rocky history — Theron's mother shot and killed her abusive husband in self-defense in 1991.

But the Oscar-winning actress insists those people are seeing connections where there aren't any. "It's a very easy assumption to make that because I had a very tragic event happen in my life, that that was why I wanted to make this story, and it couldn't

be further from the truth.

"There really aren't any similarities. The circumstances of this tragedy has absolutely nothing in common with the tragedy that happened in my life," she says.

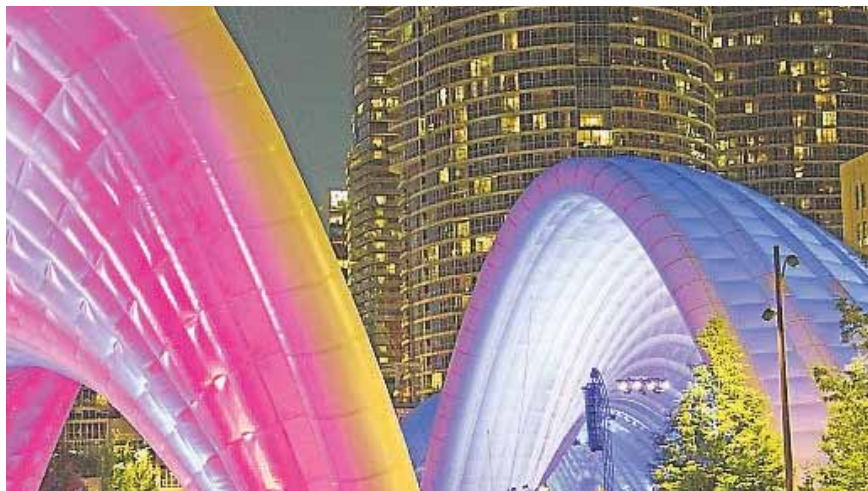
"I think that the correlation in this that people can relate to is that we all come from this family structure that we don't get to choose necessarily," Theron says.

"I have yet to meet somebody that doesn't have some form of skeletons in their closet from the family life that they lived."

NED EHRBAR/METRO HOLLYWOOD



Charlize Theron stars in *Dark Places*. CONTRIBUTED



The Waterfront Deck lights up at night. CONTRIBUTED



Great Lake Swimmers perform on the Main Stage Aug. 10. CONTRIBUTED

Get in the Celebration Zone

Celebrate the Parapan Am Games at Ontario's Celebration Zone

The excitement continues to grow as Ontario's Celebration Zone as the Parapan Am Games get underway (Opening Day is Friday, August 7th)! Be sure to head down to the Zone at Harbourfront to see, taste and explore the very best of Ontario. You're invited to enjoy free concerts and wild rides, from the accessible zipline and rock climbing wall to the awesome Adrenaline Jump, with kid-friendly fun, too. Buy yourself fabulous local food, Ontario wine and craft beer for lunch or dinner. Open every day from 10 a.m. to 10 p.m.

FRIDAY, AUG. 7

12:00, 2:30 and 5:30 p.m. We Love the

Arts: Hands-on crafts and local artists at work, presented by Hamilton Halton Brant Regional Tourism Association

2:00 p.m. Ohnia:kara traditional Aboriginal dance and drumming

8:30 p.m. JoSH the Band performs on the Main Stage

SATURDAY, AUG. 8

All day! Celebrate the Best of the Heart of Ontario! From hands-on history to fly-fishing lessons presented by Hamilton Halton Brant Regional Tourism Association.

12:00 p.m. Chase (Chilly) Hill performs on the Main Stage

1:30 p.m. Cooking Demonstration with Chef Rod Miller

8:30 p.m. Ron Sexsmith takes the Main Stage

SUNDAY, AUG. 9

11:00 a.m. Splash'N Boots Juno-nominated children's music duo

1:00 p.m. Vocalist and multi-instrumentalist Niiko Soul performs



Ron Sexsmith is on stage Aug. 8. CONTRIBUTED

2:30 p.m. Cooking Demonstration with Chef Giacomo Pasquini presented by FeastON

8:30 p.m. Folk, jazz, and world music artist Alejandra Ribera live on the Main Stage

MONDAY, AUG. 10

All day! Try Wheelchair Racing, presented by the Canadian Paralympic Committee

3:00 p.m. Québécois Cajun/Bluegrass band Canailles, presented by the Province of Quebec

8:30 p.m. Great Lake Swimmers perform on the Main Stage

8:30 p.m. "Goddess of Canadian Blues" Rita Chiarelli live on the WestJet Stage with the National Academy Orchestra

For more information about Ontario's Celebration Zone, visit: ontariotravel.net and follow @EpicIsON on Twitter

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Fox banks on musical drama

BROADCAST TV

Empire's Lee Daniels to create the pilot

Lee Daniels, co-creator of Fox's mega-hit *Empire*, is developing a new pilot for the network about three young women trying to make it in the music business.

News of this prospective music drama, *Star*, was delivered by Fox bosses Dana Walden and Gary Newman at a gathering of TV critics Thursday.

Star would follow on the huge success of *Empire*, which arrived in January and not only became the biggest hit of the TV season — averaging 17 million viewers weekly — but also provided a shot in the arm for broadcast overall, the executives declared.

Daniels' new project is set against the music business in Atlanta and tells the story of three women who form a band.

Also announced

• A crossover event, timed to Halloween, for *Bones* and *Sleepy Hollow*, which will include, re-



Mariah Carey, who is to guest star on *Empire*, with *Empire* creator Lee Daniels with. GETTY IMAGES

spectively, a headless corpse and zombie Redcoats.

• Besides previously announced news that Michael Chiklis will join the cast of *Gotham*, Jason Sudeikis will join his former *Saturday Night Live* castmate Will Forte for season two of the latter's comedy *The Last Man on*

Earth. And rapper Pitbull will guest star and perform on the second season of *Empire*.

• A season-long victory lap for *American Idol* as it heads toward its conclusion. But the music-competition show will also stick to business for its gala farewell cycle. "The producers

feel very committed to finding the 15th *American Idol* and not let the search ... be lost in the celebratory element of the show," said Walden.

Traditional broadcast

In a world where streaming video networks are grabbing eyeballs and much glory, New-

TV REBOOT

Prison Break bros are back

Also under way is a reboot of *Prison Break*. Originally airing on Fox from 2005 to 2009, this serial drama will bring back its stars, Wentworth Miller and Dominic Purcell, who play beleaguered brothers, for a 10-episode arc.

The original series has

been a fixture on Netflix, where it demonstrated sustained popularity as "a whole new generation has caught up" with it, said Walden.

The network had already announced another revival: a series based on the 1980 film *Urban Cowboy*, which may premiere as soon as mid-season.



You can really create a cultural event and a social event

Fox boss Gary Newman

viewers were doing the marketing for us."

'The truth is out there'

Sure to stir things up as a TV event: The midseason return of the long-ago bombshell *The X-Files*.

A brief clip from this much-anticipated revival was screened for critics, which found Mulder (David Duchovny) still looking for the truth out there:

"This is not an alien conspiracy!" Mulder tells his long-ago partner Scully (Gillian Anderson). "This is a conspiracy of men!"

THE ASSOCIATED PRESS

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ANIMATED MOVIE

Pop stars Demi Lovato, Avril Lavigne to voice princesses



Demi Lovato, Avril Lavigne and Ashley Tisdale lend voices to *Charming*. @AVRILLAVIGNE INSTAGRAM

Avril Lavigne and Ashley Tisdale will join Demi Lovato in voicing fairy-tale heroines for the animated musical comedy *Charming*.

Lavigne took to Twitter to announce the news, calling the trio "Triple Trouble," while entertainment company 3QU Media confirmed the news on Twitter as well.

Also joining the cast is Chinese pop star G.E.M.

In the film, Lavigne will voice Snow White, Tisdale will

play Cinderella and G.E.M. *Sleeping Beauty*.
Lovato will play the female lead, Lenore.

**WHO'S WHO
THE FILM IS
PRODUCED BY
JOHN H. WILLIAMS
WHO WAS BEHIND
SHREK**

The voice of Prince Charming has yet to be revealed.

In the film, a cursed Prince Philip Charming must find his true love before his 21st birthday or risk losing all claim to the throne.

The film is produced by John H. Williams who was behind *Shrek*, and will be written and directed by Ross Venokur.

Charming is set to be released next spring.

AFP



Andrew Cividino's *Sleeping Giant* is a coming-of-age drama coming to TIFF 2015. Left to right: actors Reece Moffett, Nick Serino and Jackson Martin. HANDOUT

Canadian dramas, docs, shine at TIFF

TIFF

Organizer 'thrilled' by strong, large doc selection

Canadian films headed to the Toronto International Film Festival this year include a survival tale from Patricia Rozema starring Ellen Page, a political satire from Philippe Falardeau, a horror film from Bruce McDonald, and a reimagining of jazz trumpeter Chet Baker's life, starring Ethan Hawke.

Festival organizers detailed the Canuck lineup at a press conference Tuesday featuring actors Paul Gross and Rossif Sutherland and veteran directors Rozema and Barry Avrich. Sutherland stars in a Laos-set thriller called *River*, Rozema's film *Into the Forest* stars Page and Evan Rachel Wood as sisters left to fend for themselves, and Gross stars and directs the war film *Hyena Road*, which was announced last week.

Organizers also touted two surreal visions from auteur Guy Maddin, shorts from directors Don McKellar and Avrich, and several documentary outings from prominent journalists.

"We're really thrilled by the docs," senior programmer Steve Gravestock said.

"We had a lot of really strong doc submissions and I think it's one of our strongest selections and maybe the most docs we've selected in quite some time. It's a pretty



Evan Rachel Wood, left, and Ellen Page star in Patricia Rozema's dystopian film *Into the Forest*. ELLENPAGE.DAILY.COM

broad range, too."

Former CBC personality and doc maker Avi Lewis hits the festival with *This Changes Everything*, inspired by the bestseller written by his partner Naomi Klein; longtime Maclean's film writer Brian D. Johnson directs the documentary *Al Purdy Was Here*, about the celebrated poet; Toronto Star investigative journalist Michelle Shephard co-directs *Guantanamo's Child*; Omar Khadr; and former Postmedia film critic Katherine Monk explores the glass ceiling in electronic dance music in *Rock the Box*.

Meanwhile, other dramatic titles include Falardeau's political feature *My Internship in Canada*; McDonald's Halloween-set *Hellions*; and Robert Budreau's '60s-era *Born to be Blue*, about Baker.

Gravestock was high on the teen film *Sleeping Giant*, a first feature from Andrew Cividino.

"*Giant* is I think one of the best feature debuts I've seen since Xavier Dolan's first film. Very Canadian, very English Canadian, very much about the landscape," he said. "It reminded me of summers I had when I was a teenager. (But) I didn't behave nearly as badly as them."

The films join other Canadian features announced last week from Atom Egoyan, Jon Cassar and Deepa Mehta.

Other titles revealed Tuesday include:

- *Ville-Marie*, directed by Guy Edoin, which traces four lives at a hospital.
- *Ninth Floor*, directed by Mina Shum, about the Sir George Williams Riot of 1969.
- *Closet Monster*, directed by Stephen Dunn, which follows a young man unsure of his sexuality and haunted by the memory of a tragic gay bashing he witnessed as a child.

THE CANADIAN PRESS

HOLLYWOOD

Study shows fault in our stars

Looking for your big Hollywood break?

The ability to portray a straight, white male character will help, according to a new University of Southern California study that analyzed gender and racial inequality in top-grossing films from 2007-2014.

Among the top 100 fictional films of 2014, only 21 featured a female lead or co-lead — a decrease of seven per cent from 2013 — and no female actors above the age of 45 had a starring or co-starring role.

Meanwhile, of 4,160 speaking characters in films last year, only 19 were lesbian, gay or bisexual, and no transgender characters were portrayed at all.

"The landscape of popular cinema in 2014 remains skewed and stereotypical," researchers at USC Annenberg's Media, Diversity & Social Change Initiative, who conducted the study, found.

"Movies continue to distort the demographic reality of their audience. Film characters are overwhelmingly white and male, despite both population statistics and viewing patterns."

The study examined the demographics of 30,835 speaking or named characters in the

100 top-grossing films every year from 2007 to 2014 (excluding 2011).

Race: Of the top 100 films in 2014, 73.1 per cent of characters were white, compared to 12.5 per cent black, 5.3 per cent Asian, 4.9 per cent Hispanic, and 4.2 per cent qualified as "other"

73%

A University of Southern California study found that 73.1 per cent of characters in the 100 top-grossing films of 2014 were white. Latino people, who make up 17.1 per cent of the U.S. population, were the most underrepresented group. Only 4.9 per cent of characters were Latino. TORSTAR MEDIA

(Middle Eastern, American Indian, Hawaiian, etc.)

This demographic breakdown remained largely constant from 2007 to 2014, with the percentage of white characters staying above 71 per cent every year.

Latino characters were the most underrepresented ethnic group, the study found, as Latinos constituted 17.1 per cent of the U.S. population, according to 2013 census figures.

Seventeen films had no black speaking characters at all, and 40 films didn't have a single Asian speaking character.

Gender: Male characters have outnumbered female ones by a scale of 2.3:1 since 2007.

Last year, women were especially underrepresented in action and adventure movies, animation, and among characters aged 40 to 64.

Only three of the 21 female actors in lead or co-lead roles last year were from underrepresented racial backgrounds, none were over age 45, and none played lesbian or bisexual characters.

Sexuality: Only 10 gay, four lesbian and five bisexual characters were identified in the top 100 films of 2014.

Among these characters, almost two-thirds were male (63.2 per cent) and a vast majority was white (84.2 per cent).

Only 15.8 per cent were from underrepresented racial backgrounds.

TORSTAR NEWS SERVICE

"HOOVES DOWN, THE FUNNIEST ANIMATED MOVIE OF THE YEAR"

DEADLINE

From the Creators of CHICKEN RUN and WALLACE & GROMIT

Shaun the Sheep MOVIE

"AN INSTANT ANIMATED CLASSIC" INDIEWIRE

"HILARIOUS" THE NEW YORK TIMES

100% FRESH Rotten Tomatoes



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Marvel's first family is struggling

FANTASTIC FOUR

This franchise has had some serious growing pains

While Marvel's X-Men and the Avengers have built their big screen empires into well-oiled billion-dollar franchises, the Fantastic Four have floundered with never-was and the never-should-have-been adaptations.

First there was the Roger Corman-produced film that was killed before it hit theatres in 1994, and then two critically loathed, but decently profitable attempts in the mid-2000s with future Captain America Chris Evans as the Human Torch.

The Fantastic Four are among Marvel's longest-running series and most beloved groups. Created by Stan Lee and Jack Kirby, the scientists-turned-superheroes were relatable and wry in their interactions as a team — even when they weren't fighting supervillains.

When it debuted in November 1961, it was a refreshing revelation that helped inform the Marvel voice and set a path for Iron Man and Spider-Man.



Kate Mara as Sue Storm, and Michael B. Jordan as Johnny Storm in a scene from *Fantastic Four*. BEN ROTHSTEIN/TWENTIETH CENTURY FOX VIA THE ASSOCIATED PRESS

The family aspect is derived from the brother and sister pairing of Sue and Johnny Storm, the bond between the four after they get powers, and the fact that Sue and Reed Richards eventually become Marvel's most stable couple.

But the movies have yet to get them right, or devise a structure to introduce them to fans and potential fans.

So much like Sony's two Spider-Man reboots, Fox is trying again to resurrect the first family with a cast of fresh

faces in Miles Teller, Michael B. Jordan, Kate Mara, and Jamie Bell, and a promising but essentially untested director at the helm in Josh Trank. The film opens Friday.

Trank's breakout, the found footage sci-fi thriller *Chron-*

icle was the kind of sleeper hit that can make a novice filmmaker's name in Hollywood. Produced for a mere \$12 million by Fox, *Chronicle* ended up making \$126 million worldwide in 2012.

It would also be the unintentional

“

We all wanted to fit into Josh's ideas. We wanted to make sure we were all in the same film ... I think that's inevitably what we did.

Jamie Bell

tional tryout that made Trank a no-brainer to revive the thematically similar *Fantastic Four*.

Fox set Simon Kinberg, who'd already succeeded in helping craft the worlds of X-Men: *First Class* and X-Men: *Days of Future Past*, to produce and co-write the origin story. Trank cast his *Chronicle* star Jordan as Johnny Storm/Human Torch, who suggested his *That Awkward Moment* co-star Miles Teller for the part of the genius scientist Reed Richards/Mister Fantastic. Mara and Bell came aboard too as Sue Storm/Invisible Woman and Ben Grimm/The Thing and they were off, each knowing that success could mean a multi-film, multi-year commitment.

THE ASSOCIATED PRESS

Now playing



ANIMATION

Shaun the Sheep

Director: Mark Burton, Richard Starzak
Starring: Justin Fletcher

When Shaun decides to take the day off and have some fun, he gets a little more action than he bargained for. A mix-up with the Farmer, a caravan, and a very steep hill lead them all to the Big City and it's up to Shaun and the herd to return everyone safely.

ROTTEN TOMATOES™ SCORE

Critics: **99%** **Audience:** **82%**



DRAMEDY

Ricki and the Flash

Director: Jonathan Demme
Starring: Meryl Streep

In a film loaded with live performances, Meryl Streep stars as Ricki, a guitar heroine who gave up everything for her dream of rock 'n' roll stardom, but is now returning home to make things right with her family. Streep stars opposite her real-life daughter Mamie Gummer.

ROTTEN TOMATOES™ SCORE

Critics: **61%** **Audience:** **+87%**



DRAMA

Dark Places

Director: Gilles Paquet-Brenner
Starring: Charlize Theron, Christina Hendricks

Twenty-five years after testifying against her brother as the person responsible for massacring her entire family, a haunted woman (Charlize Theron) is approached by a secret society that specializes in complex, unsolved cases. Based on the novel by Gillian Flynn.

ROTTEN TOMATOES™ SCORE

Critics: **35%** **Audience:** **+94%**



MYSTERY & SUSPENSE

The Gift

Director: Joel Edgerton
Starring: Jason Bateman, Rebecca Hall

Simon and Robyn are a young married couple whose life is going just as planned until a chance encounter with an acquaintance from Simon's high school sends their world into a harrowing tailspin. After a series of uninvited encounters and mysterious gifts prove troubling, a horrifying secret from the past is uncovered.

ROTTEN TOMATOES™ SCORE

Critics: **92%** **Audience:** **79%**



DRAMEDY

Cocksure lads

Director: Murray Foster
Starring: Lyndon Ogbourne

The Cocksure Lads, a band from England, come to Toronto on their first-ever North American tour. Ten minutes after arriving, they get into a fight over royalties and break up. The Lads scatter across the city, and spend the day drinking, fighting, meeting girls, falling in love, and searching for a claw-foot bathtub. Through it all they learn what it means to be a band.

ROTTEN TOMATOES™ SCORE

Critics: **NO SCORE YET** **Audience:** **50%**



DOCUMENTARY

How to Change the World

Director: Jerry Rothwell

In 1971 a brave group of young activists set sail from Vancouver in an old fishing boat. Their mission: to stop Nixon's atomic bomb tests in Amchitka, a tiny island off the west coast of Alaska. It was from these humble but courageous beginnings that the global organization that we now know as Greenpeace was born.

ROTTEN TOMATOES™ SCORE

Critics: **NO SCORE YET** **Audience:** **+87%**



Globe-trotting house music DJ Marc Kinchen a.k.a. DJ MK went from jamming in basements to a major Twitter shout-out from Mercedes Benz for his Look Right Through remix. CONTRIBUTED

House brings DJ MK to life

EDM

After a bunch of dead ends, Mark Kinchen hits a groove



Jesse Ship
For Metro Life

DJ MK was a sleeping giant.

It's safe to say that you're kind of a big deal when Mercedes-Benz is gushing about your songs on Twitter.

"It was totally random. All my friends were texting me about how Mercedes said

they love playing my remix of Look Right Through in their vehicles!" laughs globe-trotting house music deejay Marc Kinchen, a.k.a. DJ MK, who started his career as a DJ/producer as a teen in the late '80s.

"Growing up in Detroit, music was really big. I had a band in high school and it seems like everyone was influenced by Prince. Everyone wanted to be in a band, sing and write songs."

Like most kids making music, they jammed in their basements. "It was unorthodox. We didn't know what we were doing. It's not like we spent a lot of time with record producers, but we thought we knew what we were doing. You

In the '90s where hip hop was the biggest thing, now house music is what that was

Mark Kinchen a.k.a. DJ MK

didn't have to learn a lot back then about technology because there just wasn't that much to work with."

A lot has changed since then. After moving to New York and attaining a cult following in the underground scene MK became a go-to for record labels to re-

mix their pop artists. In 1993, his remix of Celine Dion's Let It Go became a surprise No. 1 Billboard hit in the dance division, but the label still had no idea he even existed.

"I looked up to Quincy Jones at the time and that's where I wanted to be. Outside of the cool kids, house music wasn't getting the respect from the higher-ups in the business."

Instead, Kinchen worked his connections and wound up producing for Jay-Z, but the pop world was disillusioning. While he earned the respect he always wanted, the power politics of the industry turned him off. "It became too political. It became all about who you know, and who you can

give kickbacks to," he shrugs with an audible "meh!"

That wasn't for him, either.

He then scored a stint in L.A. as Will Smith's in-house producer following his Big Willie Style album, but wound up working on his films instead. Another dead end.

It wasn't until Pitbull sampled his catchy, but ever-so-cheesy horns for Hotel Room Service from one his classic '90s records that he was rediscovered as a House music deejay, and MK was on his way back to the top, rubbing shoulders with the Diplos and Calvin Harrises of the day.

"In the '90s where hip hop was the biggest thing, now house music is what that was."

House music is pop music really, he says, and business is booming.

"The roles are totally reversed now. Record label presidents are now calling to get an MK remix. That's what I wanted it to be like in the '90s, but it just wasn't ready yet."

While there are still a few months to go before his first studio album drops, his new single, a summery '90s-tinged anthem Bring Me To Life featuring the 18-year-old vocalist Milly Pye, has just been released.

MK is a regular on the Ibiza club circuit but you can catch him in Toronto on Friday Aug. 7 at The Hoxton as part of their Focus Fridays series.

SPONSORED CONTENT

Celebrate, listen and learn at Planet IndigenUS

Are you looking to delve into the rich cultures and traditions of First Nations communities across Canada and indigenous peoples around the world? Planet IndigenUS at Harbourfront Centre and the Woodland Cultural Centre showcases 300 incredible artists sharing their histories, music, art, food and ideas through to Sunday.

Featuring everything from a gala performance by beloved Canadian icon Buffy Sainte-Marie, rock painting lessons and lacrosse workshops (bring your own stick), this festival invites you to celebrate, engage and understand more about indigenous communities from around the world.

VISUAL ARTS: As part of Planet IndigenUS, many of the exhibitions consider the relationship between land, politics, and art, and will explore traditional forms and methodologies from a contemporary perspective. Through a variety of media, these exhibitions will attempt to create dialogue between indigenous artists, as well as speaking to diverse audiences as they contemplate shape, form, and future of these relationships.

DANCE: Catch the Ontario premiere of excerpts from the Royal Winnipeg Ballet's piece Going Home Star — Truth and Reconciliation. The ballet, based on a story by acclaimed

author Joseph Boyden, explores the world of Annie, a young, urban First Nations woman. It features the Winnipeg Symphony Orchestra, as well as the music of Tanya Tagaq and Steve Wood & The Northern Cree Singers.

As part of the Hoop Hop showcase, former world champion hoop dancer Lisa Odjig will teach the basics of hoop dancing.

Learn or practise new skills in indigenous dance forms of powwow and Iroquois social dances with Pow Wow Boot Camp taught by Kaha:wi Dance Theatre. Wear workout clothes and bring water.

MASK DANCING: Uaajeernej is the East

Greenlandic form of storytelling through mask dance.

MUSIC: The Music Yet To Come series showcases musicians from around the world, including Toronto-based Métis singer-songwriter Holly McNarland, Beijing's Ajinai, Patti Kusturok, a Manitoba Fiddle Association Hall of Fame member, and Victorian indigenous singer-songwriter Benny Walker. And don't miss Hoop Hop, Lakeside Late Night programming that showcases the influence of hip hop in indigenous communities.

For more details about Planet IndigenUS, visit Harbourfrontcentre.com.



Content Solutions



Best of the Pacific Northwest

What could be better than hitting the highway to see the sights in summertime? Kicking back and letting the rails carry you instead. Rocky Mountaineer's Coastal Passage Route connects Seattle with Vancouver and the Canadian Rockies, winding through scenic canyons and past sparkling waters with rich marine ecosystems. Here are some of the gems passengers will experience on this route. **METRO**



1 Mount Robson

The most prominent mountain in the North American Rocky Mountain Range, Mt. Robson is also the highest point in the Canadian Rockies and one of the first dramatic sights travellers will see aboard Rocky Mountaineer.



2 Pyramid Falls

Located on the east side of the North Thompson River, the beautiful Pyramid Falls are 300 feet high and cascade that distance in two large drops before flowing under the railway tracks and into the North Thompson.



4 San Juan Islands

After crossing the border, views of the beautiful San Juan Islands will slowly come into sight. And if travellers are lucky, they might even catch a glimpse of an orca whale or two.



3 Hell's Gate

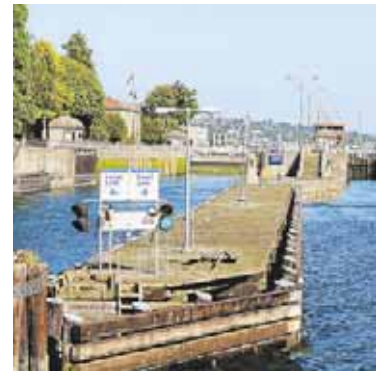
ALL PHOTOS ISTOCK

Travelling through the scenic Fraser Canyon, Rocky Mountaineer's guests will overlook a strange and beautiful site: 750 million litres of water travelling a 33-metre-wide passage. Known as Hell's Gate, it is one of the most treacherous passages on British Columbia's gold-bearing Fraser River.

5 Chittenden Locks

As guests near the end of the route, they'll see a complex system of locks at the west end of Salmon Bay. Part of the Lake Washington Ship Canal, the Chittenden Locks provides a link for boats between the salt water of Puget Sound and the fresh water of the Ship Canal.

SOURCE: ROCKY MOUNTAINEER



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Cincinnati a baseball mecca

OHIO

All-Star host city ready to play ball with tourists all year round

The city that hosted baseball's All-Star Game last month was the home of a team that played like all-stars back in 1869.

The Cincinnati Red Stockings went 57-0 that year as baseball's first officially professional team. Player-manager Harry Wright's team added new players before the season, led by his brother, George, who was credited with a .633 batting average and 49 homers. Disbanded because of financial issues after two seasons, the team is being honoured this summer with a variety of hometown homages.

So, even though the powdered rosin has settled following the All-Star Game on July 14, Cincinnati still has plenty to love for baseball fans. Here are some of the offerings on hand to learn more about the city's rich baseball history, as well as other milestones of America's Pastime.

See the wall of balls

Adjacent to the Great American Ball Park, where the All-Star Game was played, the Reds' own Hall of Fame and Museum is filled with artifacts and interactive exhibits covering Cincinnati players from the Wrights to the "Big Red Machine" of the 1970s to the current team.

Chief curator Chris Eckes says it's difficult to estimate the number of artifacts and display items, which include historic baseballs, uniforms, gloves, documents and photos. Start counting with a wall of 4,256 baseballs representing hometown star Pete Rose's record career-hit total.

Special exhibits this summer are Stars of the Queen City, about Reds' all-stars through the years, and one on Tony Perez, the Cuban-born slugger also in the National Baseball Hall of Fame who later this summer will become the latest Reds star honoured



A visitor browses a display commemorating former Cincinnati Reds player and manager Pete Rose in the Kings of the Queen City exhibit at the Cincinnati Reds Hall of Fame and Museum. PHOTOS BY JOHN MINCHILLO/THE ASSOCIATED PRESS

+ TALES OF THE GREAT BAMBINO

The Cincinnati Museum Center in Union Terminal has Queen City Baseball: Diamonds & Stars among its other exhibits, shows and children's activities. In a short self-guided tour, visitors can see artifacts such as contracts and player cards from the early days of baseball in the city and grainy black-and-white footage from the 1919 World Series.

A highlight is the audio playing in the background of

Waite Hoyt's last Reds radio broadcast in 1965. Hoyt, a Hall of Fame pitcher, called games for more than two decades for the Reds while plugging for sponsor Burger Beer. An on-air trademark was his tales during rain delays about former New York Yankees teammate Babe Ruth. A typed script on display at the museum recounts Ruth's love for driving at high speeds, leaving a trail of chicken carcasses behind on country roads.

with a statue outside the park.

Wear your black socks

The Reds' museum and Legacy Tours have teamed up for a guided 90-minute walking tour called "1919 — The Year That Changed Baseball" focusing on a colourful cast of characters from that era led by Reds president August

"Garry" Herrmann.

Herrmann is credited with brokering the deal that helped form the modern major league and giving Cincinnati its first World Series title, a distinction that was marred after eight members of the Chicago White Sox were banished from baseball for fixing the Series by "throw-



A wall of 4,192 baseballs at the museum to commemorate Rose's Sept. 11, 1985, record-breaking hit.

ing" it to the Reds in what became known as the Black Sox Scandal.

The museum has added Sunday tours to its regular Saturday lineup, and will run through October.

One game, many people

The National Underground Railroad Freedom Center has a new exhibit called Diversity in Baseball celebrating barrier-breaking players: black, Jewish, Native

American, Latino, Asian and female — such as stars of the women's professional baseball league started during the Second World War as told in the movie *A League of Their Own*.

There are also displays on Jim Abbott, who overcame being born without a right hand to become a successful big-league pitcher who threw a 1993 no-hitter, and umpire Dale Scott, who last winter came out as gay. THE ASSOCIATED PRESS

TRIPADVISOR RANKING

Chicago named best pizza city in U.S.



Best pizzeria: Juliana's Pizza in New York. TRIPADVISOR

Chicago has been declared the pizza capital of the U.S. in a new ranking that will surely stoke the long-standing rivalry between the Windy City and New York when it comes to pizza pies.

But how do you quantify which city can boast the title of best pizza destination in the U.S.?

For their ranking, TripAdvisor analysts looked at the quality and quantity of pizza restaurant reviews on their site, giving more weight to reviews penned over the last year. Then, they looked at the ratio of pizzerias and reviews compared to all restaurants for each city.

"Travellers come from all corners of the country to sink their teeth into Chicago's deep dish, the big cheese of pizza destinations according to reviewers on TripAdvisor," said Brooke Ferencsik, director of communications in a statement.

"New York City pizzerias also toss out an excellent slice, with Juliana's in Brooklyn ranking as the top pizza restaurant in the country and two other N.Y.C. restaurants within the Top 10."

Top 10 U.S. pizza cities

1. Chicago, Ill.
2. New York, N.Y.
3. New Haven, Conn.
4. Orlando, Fla.
5. San Francisco, Calif.
6. Washington, D.C.
7. Las Vegas, Nev.
8. San Diego, Calif.
9. Phoenix, Ariz.
10. Miami Beach, Fla.

AFP

TRAVEL NOTES ICY BARGAINS, FALSE FREEBIES AND LATIN LUXURY

Antarctic deal

To mark its 25th anniversary, Quark Expeditions is offering up to 25 per cent off bookings made and paid for before Sept. 30, 2015, for select cruises to Antarctica from Nov. 1, 2016 to March 15, 2017. This deal includes nine express-style fly/cruise voyages that get you to the seventh continent even quicker. Visit QuarkExpeditions.com.



Antarctic adventure awaits. TIM STEWART

Scam alert

Beware of any "robocalls" you may get, even on your mobile phone, that appear to be from a hotel chain or airline, offering you free rooms or a flight discount and asking you to "press one" to collect. These are scams perpetrated to gain info about you that should remain private. Report these calls to the Canadian Anti-Fraud Centre at 888-495-8501.



Phone scams sound too good to be true. PEXELS.COM

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met SPORTS

Your essential daily news

Ryan Lochte won a record fourth straight gold in 200 IM at the swimming worlds

IN BRIEF

Police probe Kane

The NHL says it is "following developments" of a police investigation involving Chicago Blackhawks star Patrick Kane.

The Blackhawks said they are in the process of gathering information and declined further comment. The Buffalo News first reported the investigation Thursday.

Neighbours of Kane, who lives in Hamburg, N.Y., in the off-season, told the Chicago Tribune that police arrived at his lakefront property Sunday night and that several plainclothes officers entered his house using flashlights.

THE ASSOCIATED PRESS

Greinke makes up for pitching woes at plate

Zack Greinke was 3-for-3 with a homer to offset his worst start in three years and the Los Angeles Dodgers beat the Philadelphia Phillies 10-8 on Thursday.

Greinke (11-2) gave up five runs before recording an out and finished with six runs allowed and seven hits in six innings. But he helped himself at the plate and Adrian Gonzalez hit a three-run homer to pace the NL West-leading Dodgers.

THE ASSOCIATED PRESS



JAYS SWEEP TWINS OUT OF TOWN Edwin Encarnacion is congratulated by Dioner Navarro after hitting a two-run home run in the Blue Jays' 9-3 win over the Twins on Thursday night at Rogers Centre. Encarnacion finished the game with four RBIs as Toronto completed a four-game sweep. The Jays have won eight of their last nine games going into a crucial weekend series at the AL East-leading Yankees. TOM SZCZERBOWSKI/GETTY IMAGES

Dickey finds speed kills

MLB

Pitcher enjoys better numbers with faster knuckleballs

Back on May 15, after R.A. Dickey was pounded by the Houston Astros for seven runs on 10 hits, including two homers, the 40-year-old knuckleballer made a stark admission, rare for a professional athlete.

"The truth of the matter is I'm searching right now," he said back then. "Searching for answers, for consistency."

Dickey was lugging a burdensome 5.76 ERA through the season's first six weeks. He was walking batters and giving up home runs at a distressingly high clip. So he and pitching coach Pete Walker got to work trying to solve the problem, studying video of his time with the New York Mets to try to identify what was different about his delivery. They made a few tweaks and Dickey's

performance improved almost immediately.

Since the beginning of June, Dickey has compiled a 2.70 ERA over his last dozen starts, while dramatically lowering his home run rate. In four starts since the all-star break, Dickey has actually been one of the best pitchers in baseball, allowing just three earned runs while averaging more than seven innings per outing. He hasn't given up a single homer and opposing batters are hitting just .171 off him.

He hopes to continue that trend Friday in New York as the Jays open their biggest series of the season against the first-place Yankees, against whom Dickey owns a 2.43 career ERA.

If you had to point to one reason for Dickey's improved performance, it would be his increased velocity. "That and I've been consistently more in the strike zone and I think there's a correlation between those two," he said earlier this week. "The slower the knuckleball the bigger the break a lot of the time, so it's tougher to keep in the strike

+ SUSPENSION

'I just want this behind me' Aaron Sanchez maintains he didn't hit a batter intentionally, explaining the decision to drop the appeal of his suspension was made more for timing.

The Toronto Blue Jays reliever was ejected from Sunday's game against the Kansas City Royals for hitting Alcides Escobar, and was suspended for three games.

Sanchez began serving the suspension Wednesday and is eligible to return Saturday against the Yankees.

Sanchez initially launched an appeal because he insisted his fastball got away

from him after umpire Jim Wolf had issued warnings earlier. But after pitching four times in six days, the Jays told the righty he'd have two days off, and he opted to take the suspension rather than wait out the appeals process.

"It just made sense," Sanchez said Thursday afternoon. "I just want this behind me." THE CANADIAN PRESS



Aaron Sanchez
TORSTAR NEWS SERVICE

"It's important that the rest of Canada realizes that boxing is available to them, that they don't have to take a plane to Vegas, that they can be in driving distance of a great fight."

Former undisputed world heavyweight champion Lennox Lewis hopes Sept. 11's fight card in Toronto featuring Adonis Stevenson puts boxing back in the national consciousness.



Fear no longer a factor for Rivard

PARAPAN 2015

Decorated teen swimmer tried to avoid her 400m specialty

Aurelie Rivard won a silver medal in her 400-metre freestyle event at the 2012 London Paralympics.

Not bad for a 16-year-old who, just a few years before that, suffered panic attacks before swim meets and would throw up on the pool deck.

"I was scared of everything," Rivard recalls. "I remember how I was and I don't understand why I didn't just quit. My mom said, 'Why are you doing it if you don't love it?' I would say, 'I'm going to do it, it'll be fine,' and it was never fine but I would do it again."

The St-Jean-sur-Richelieu, Que., swimmer didn't quit but, for years, she did frustrate her coach by refusing to race any distance over 100 metres.

Her coach, France Latendresse, knew that the young swimmer's strength would be in the longer distances and, eventually, Rivard relented.

"I was really scared, but when I came out of the race I was like, 'Well, that was fun, I'll do it again.'"

Aurelie Rivard on pushing herself to race long distances

STEVE RUSSELL/TORSTAR NEWS SERVICE

Things started to turn around for her at the 2010 IPC swimming world championships in the Netherlands. She was 14 years old, far away from her family and more scared than she had ever been, but Rivard surprised herself by being able to sleep at night and train hard during the day.

"I was OK," she says, smiling at the memory. "This is where I had realized that I had changed."

Her coach saw it too and pounced on that confidence-building meet. Not long after, at the Quebec championships, convinced Rivard it was time to race 400 metres.

"I said, 'OK, I'll try it.' I was really scared, but when I came out of the race I was like, 'Well, that was fun, I'll do it again.'"

She won that first 400, and her time — five minutes and 13 seconds — qualified her for international meets. A year later, at the London, it was down to 4:36, an astounding improvement.

Today, Rivard says the 400 is her favourite event.

"I'm a long-distance swimmer," she says, with a smile.

Rivard may feel that way, but her results in other events — and the number of Canadian freestyle records she holds from the 50 metres through to the 800



Aurelie Rivard keeps lowering Canadian record times in a variety of distances in the pool.

STEVE RUSSELL/TORSTAR NEWS SERVICE

metres — would say she is impressively versatile in the pool. She has lowered the 100-metre Canadian record several times.

It is the 19-year-old Rivard who has become Canada's young face of para swimming, joining such veterans as 19-time Paralympic medallist Benoit Huot.

Since her first Paralympics three years ago, when she won

her silver medal and reached the final in four other events, Rivard has continued to find success. She won a team-high five medals at the 2013 world. In 2014 at the Pan Pacific Para-swimming championships, she won three gold medals (in the 50, 100 and 400), silver in the 100-metre backstroke and bronze in the 200 individual medley.

Rivard added two more

world championships titles in July, winning both the 50- and 400-metre freestyle events in her S10 classification, and earned silver in the 100 free and the 200 individual medley.

It is the top step of the podium that she will be looking for at the Toronto Parapan Am Games. The swimming competition runs Aug. 8-14.

TORSTAR NEWS SERVICE



Argos QB Trevor Harris will have to spread his passes around in the home opener on Saturday with top target Chad Owens on the sideline with an injured ankle. PETER POWER/THE CANADIAN PRESS

CFL

Argos glad to have Hazelton with Owens out

The Toronto Argonauts' most explosive player, Chad Owens, will miss the team's home opener Saturday night with an ankle injury. Yet the Argos should be in good hands against the winless Saskatchewan Roughriders.

Three rookie receivers — Vidal Hazelton, Kevin Elliott and Tori Gurley — have combined for more than 800 yards receiving in Toronto's first five games as quarterback Trevor Harris has used all his personnel.

Hazelton had the biggest game of his career Monday, catching

10 passes for 134 yards and a touchdown against the Hamilton Ticats. He entered Thursday as the league's leading rookie receiver and was seventh overall with 332 yards on 26 catches. Elliott has 266 yards receiving, while Gurley has 229.

The 33-year-old Owens is 15th in the league with 284 yards on 26 catches, but his numbers have slipped in the last three games — 22, 54 and 21 yards. A year ago, he had 43 catches for 548 yards through five games.

Harris isn't worried about

Owens' production long term.

"It's just a matter of time before Chad has a 12-catch, 200-yard game, and everybody will say he's back," Harris said. "He hasn't lost anything. It's just that we have lots of good receivers."

Hazelton, Elliott and Gurley are big targets who can leap over smaller defenders or catch passes in traffic. Hazelton, 27, who is six feet three inches and 212 pounds, came to the Argos' attention thanks to Ticats starting quarterback Zack Collaros, a teammate at the University of Cincinnati.

When Collaros signed with Toronto in 2012, he suggested the team give Hazelton a look.

Argo coach Scott Milanovich said Hazelton brings a high-energy to the team, even before the team hits the field. Hazelton is in charge of the music selection. Before practice, he blasts hip hop or R&B songs to get his teammates pumped up.

"Guys are just waking up and they hear that music blasting and I'm inside dancing, getting everybody going," Hazelton said.

TORSTAR NEWS SERVICE

IN BRIEF

Kiwi Lee has one-shot lead at Bridgestone Invitational

Danny Lee made seven birdies for a 5-under 65 for a one-shot lead Thursday in his first time at the Bridgestone Invitational in six years.

New Zealander Lee had a one-shot lead over Graeme McDowell and Jim Furyk.

The major championship pairing of Jordan Spieth (Masters and U.S. Open) and Zach Johnson (British Open) produced two rounds of even-par 70. Some of that was rust from being off the last two weeks.

THE ASSOCIATED PRESS

Soccer breaks down political barriers as West Bank plays Gaza Strip in Israel

Divided politically and geographically, Palestinians made strides toward unity with the first football match between a West Bank club and a Gaza Strip team in 15 years on Thursday.

Gaza's Shijaiyah United played Hebron's Al-Ahly to raucous cheers in a packed stadium. The match ended in a 0-0 draw.

Israel restricts the movement of Palestinians in the West Bank and the Gaza Strip, and the local league's teams

were under the same limits, meaning teams from the Palestinian territories hadn't faced off for years.

Israel approved Al-Ahly's entrance into Gaza following a request, according to Cogat, the Israeli defence body that handles civilian issues with the Palestinians.

THE ASSOCIATED PRESS

CFL initiative aiming to tackle violence against women

Players and employees of the CFL will undergo yearly mandatory training on violence against women as part of a new league initiative.

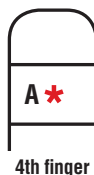
The CFL unveiled its policy on violence against women in Vancouver on Thursday, with an emphasis on preventing violence from occurring in the first place and acting quickly when it does happen.

"It's clear that the CFL condemns violence against women in all of its forms - domestic violence, sexual assault, verbal abuse and the disrespectful and damaging attitudes that can form the foundation of violence itself," CFL commissioner Jeffrey Orridge said on a conference call. THE CANADIAN PRESS

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Arsenal goalkeeper Petr Cech makes a save during the Community Shield match against Chelsea last Sunday at Wembley Stadium in London. IAN KINGTON/AFP/GETTY IMAGES

Expectations in Cech

PREMIER LEAGUE PREVIEW

Arsenal eye title after poaching keeper from rival Chelsea

Arsenal will start the new season as it has done for the past few years: with at least one marquee signing and fans calling for even more star players to come in.

With the arrival of goalkeeper Petr Cech, Arsenal manager Arsene Wenger has finally heeded calls to build from the back. The former Chelsea keeper may not be wearing the

No. 1 jersey, but he's clearly Arsenal's first choice in that position.

Wenger recalled that Cech was on his radar even before the Czech international signed for Chelsea in 2004.

"He has a good combination between quality, agility, size — he looked like he was built for English football," Wenger said. "I think he is a very bright goalkeeper as well. He has an intimidating presence, that is for sure. He makes the goals look small. That's the kind of charisma he has."

Wenger hasn't given any indication that he's looking to buy anyone else, so the looming question among fans is:

will Cech's arrival be enough to win a Premier League or Champions League title?

The short-term target for Arsenal this season is to get off to a quick start. Last year, a string of poor showings early on halted any hopes the

London club had of winning the league.

The Gunners beat Chelsea 1-0 in the Community Shield on Sunday, which will be a major confidence boost for the new season.

After back-to-back FA Cup titles the past two seasons, Arsenal hopes to win the league for the first time since 2004 and the trophy that Wenger really wants but still eludes him: the Champions League.

THE ASSOCIATED PRESS

+ GUNNER DOWN

Jack Wilshere's injury problems have returned. Arsenal manager Arsene Wenger says the 23-year-old England international fractured his left fibula in training and will face "a few weeks out."



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Prep time: 10 minutes
Cook time: 4 minutes

Serves 6.

Ingredients

- Dressing**
- 2 Tbsp orange juice concentrate
 - 2 Tbsp olive oil
 - 1 Tbsp honey
 - 1 Tbsp lemon juice
 - 2 tsp sesame oil
 - 2 tsp soy sauce
 - 1 tsp minced garlic
 - 3/4 tsp minced ginger root
 - Salt and pepper
- Salad**
- 2 large ripe peaches sliced in half, pit removed
 - 6 cups arugula or baby spinach
 - 1 small romaine head, chopped into bite size pieces

- 1/2 cup sliced red onion
- 1/3 cup toasted pecan halves
- 2 oz crumbled goat cheese

Directions

- 1.** Dressing: Combine all the dressing ingredients in a small bowl.
- 2.** In a hot grill pan or barbecue, grill peaches for two minutes per side. Remove to cool. Cut into wedges.
- 3.** In a large serving platter, combine lettuces, onion, pecans and goat cheese. Add dressing and mix well.

Nutrition per serving

- Calories 190
- Protein 5 g
- Carbohydrates 13 g
- Fibre 4 g
- Total fat 14 g
- Saturated fat 3.5 g
- Cholesterol 5 mg
- Sodium 105 mg

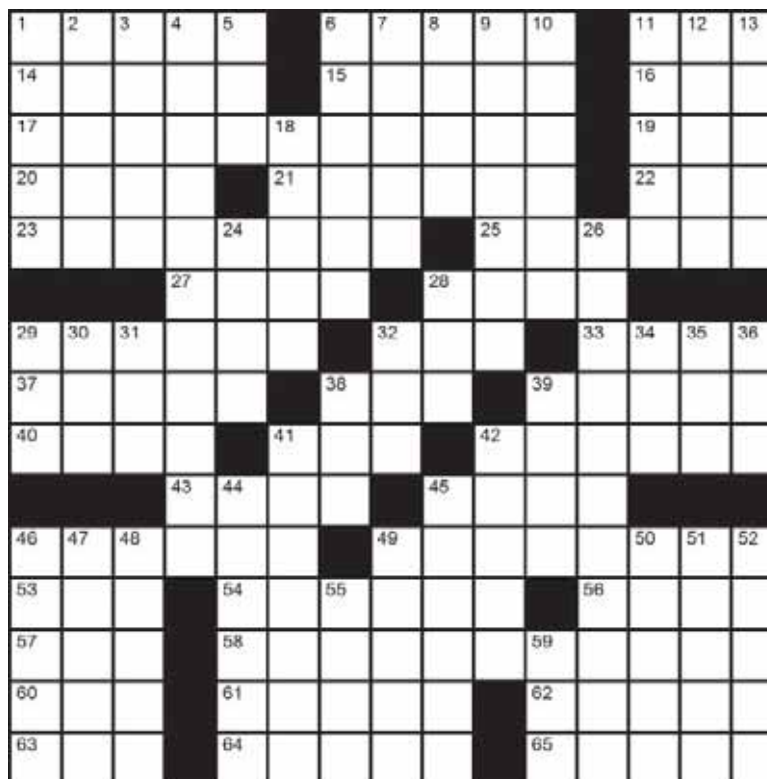
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Pro golfer Mr. Watson
- __ Bell (Anne Bronte's pen name)
- Everybody
- "We're finally __ own." - Neil Young, "Ohio"
- Trombone part
- Grassland
- Area of dunes in Spruce Woods Provincial Park in Manitoba: 2 wds.
- Lodge
- Perform, like Shania Twain
- "You __ there." (Comment made to the no-show-ee)
- Famous
- Ms. Jolie
- Julia Louis-Dreyfus role
- Take 15
- __-friendly
- Blood glucose test
- 'Lion' suffix
- Actor, __ Michael Murray
- Ms. Remini's
- Insect immobilizer
- Prefix to 'graph' (Record player)
- Mlle. cousin
- Feel awful
- Fireplace part
- Not is
- Auditioner's hope
- Madonna song: "___Ashtangi"
- Celebration of Greek cuisine in Toronto: Krinos Taste of the __ (August 7th to



- August 9th, 2015)
- Soup sort
- __-waist dress
- Ms. Loughlin of "Full House"
- Prime Minister, e.g.
- Canadian author of Sea of Slughter: 2 wds.

- Wedding words
- Coral*reef type
- Showbiz bigwig
- Hosiery hue
- Au courant
- Anna Karenina, written __ Tolstoy

DOWN

- Elvis song: "___ Nova Baby"
- Remove a brooch
- Comics sound effect for the noise a spring makes!
- Harvey's, for one: 2 wds.

- Jackie O's hubby
- Acquiesce
- Ms. Bow, the girl in "It" (1927)
- Prong
- Peculiarity
- Chocolate company
- Excuse in court
- Russian leader,

- 1870 - d.1924
- Jessica of "American Horror Story"
- "The __" by Chubby Checker
- Spike and Bruce
- Dig It! August = __ Month, in Ottawa
- PC 'key'
- Bean and Cool J
- __ Lingus (Ireland's flyer)
- Natalie Cole's father
- Water wiggler
- Vertical's opp.
- "__-Man" (2015) starring Paul Rudd
- Play-__
- Drollness
- Ill-gotten riches
- Create cartoons
- Tea sweetener
- Tennis great Mr. Edberg; or, "The Vampire Diaries" character
- Seldom
- Divvy up
- Ms. Hopper of Hollywood's heyday gossip
- Tori Spelling's father
- Some pickles
- Spur's small spiked wheel
- Air conditioners company
- "One __ (the Body)" by The Rolling Stones
- Ship's figurehead site
- Fairy queen in literature

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You must control your temper even if you have good reason to be angry. The current cosmic picture makes disputes look bigger than they are.

Taurus April 21 - May 21
What happens over the weekend is likely to throw some of your assumptions into disarray. It may be a painful experience but it is also a useful one, especially if it inspires you to see things from a different point of view.

Gemini May 22 - June 21
Something in your life is coming to an end. If you try to hold on to it any longer it will be snatched from your grasp by forces much greater than you know how to deal with. Bow to the inevitable.

Cancer June 22 - July 23
There is so much that you need to stay in control of that you are beginning to fear it could all fall apart. If you stay cool, you will come through unscathed. Trust yourself.

Leo July 24 - Aug. 23
You will have to give up something and it won't be an enjoyable experience. However, its presence in your life is blocking even better things from coming in. Let it go.

Virgo Aug. 24 - Sept. 23
You will find yourself pulled between extremes over the next 24 hours. Find ways to put off making a decision as long as you can. You are under no obligation to choose one path or the other.

Libra Sept. 24 - Oct. 23
You are spending too much time and energy on something that is of no real importance. Get your priorities in the right order. If you don't, the planets may force it on you.

Scorpio Oct. 24 - Nov. 22
You may never goes back on a decision but you will have to make an exception to that rule today. Once the consequences come into focus you will quickly realize you got it wrong.

Sagittarius Nov. 23 - Dec. 21
Try to focus on what you have in common with other people rather than on what divides you. The current cosmic picture is making arguments more likely, but don't forget you have free will.

Capricorn Dec. 22 - Jan. 20
According to the planets you have reached a point of no return. You have no choice now but to push ahead into the unknown. Where is your sense of adventure?

Aquarius Jan. 21 - Feb. 19
Strive to stay on good terms with partners and colleagues. If you fall out it may be a long time before you get the chance to patch things up.

Pisces Feb. 20 - March 20
At some stage today or over the weekend you will have to decide whether to follow your dream or to scale back your aspirations and take the same well-trodden path that so many have taken before you.

CONCEPTIS SUDOKU by Dave Green

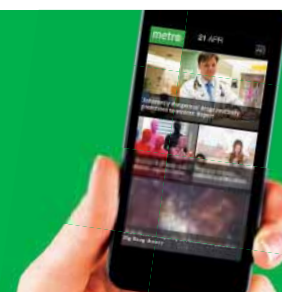
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